WHAT'S FOR DINNER? TWO WORDS – MEAL PREP!

JIU-JITSU MAGAZINE™

NUTRITION, CONDITION, TECHNIQUE, SUBMIT

IN THIS ISSUE

+ Agility Training For Grapplers
+ Correcting the 5 Most Common White Belt Mistakes
+ No More Excuses!

CAUGHT ON TAPE!
Utilizing Your Competition Footage

ANDRÉ GALVÃO
CLOSED GUARD LIKE A BLACK BELT

9X WORLD CHAMP
Leticia Ribeiro Perfects Your Knee Slice!

August 2015 Issue 35
$7.99

1

Bulgarian Tribulus
(tone and definition)

- Herbal testosterone booster standardized to 45% (750 mg) steroidal saponins

2

Daily Complete Formula
(fat and carb metabolism)

- 100% or more of the daily value for 21 vitamins and minerals

3

Horse Power® X
(pre-workout turbo charger)

- Features TORABOLIC™, creatine, and ß-alanine for jacking-up strength and lean mass

4

Muscle Juice® Revolution 2600
(high octane mass gainer)

- Time-release complex carb blend plus 8 key proteins

THE SUPPS

Combined with the proper diet and a kick@ss workout regimen, these 8 supplements will give you the ammo to rebuild and reload!

Please consult a physician before beginning this or any diet/exercise program, particularly if you have a pre-existing medical condition. The workouts and meal plan contained within are intended for adults ages 18 and over.

THE MEAL PLAN

Total Nutritional Intake:
CALORIES: 5,127 | FAT: 109 G | CARBS: 635 G | PROTEIN: 434 G

Meal 1 (6:00 AM)

- 4 eggs (boiled or poached)
- 2 slices of wheat toast
- 4 ounces of oatmeal with non-fat milk
- 8 ounces of apple juice
- 1 capsule of **Bulgarian Tribulus**
- 3 tablets of **Daily Complete** multivitamin

AM WORKOUT (7:00 AM)

(flip to following page for details)

- 2 to 3 scoops of **Horse Power® X** mixed in 8 ounces of water (drink 15 minutes prior to working out)

Meal 2 (8:30 AM)

(or immediately following workout)

- 1 serving of **Muscle Juice® Revolution 2600** mixed in 18 ounces of whole milk

Meal 3 (NOON)

- 8 ounce portion of grilled tilapia
- 1 baked potato
- 1 cup of brown rice
- 1 serving of **Prostar® Whey Protein** mixed in 12 ounces of non-fat milk

Meal 4 (2:30 PM)

- 1 serving of **Iso Mass Xtreme Gainer®** mixed in 16 ounces of non-fat milk

© 2015 Copyright Ultimate Nutrition Inc.
These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

ULTIMATE NUTRITION®

5

Prostar® 100% Whey Protein

(fast-track protein delivery)

- Quickly shuttles nutrients to fatigued muscles with 25 g of protein per scoop

6

Iso Mass Xtreme Gainer®

(shredded muscle and ean mass builder)

- 7 types of fast-acting creatine, 4 muscle-pumping N.O. precursors, and 3 mass-generating carb sources

7

Flavored BCAA Powder

(refuels fatigued muscles)

- Over 6 g of branched-chain amino acids per serving in 8 great flavors

8

Prostar® 100% Casein Protein

(steady-release protein)

- 24 g of slow-digesting protein per serving to stimulate muscle growth while you sleep

PM WORKOUT (5:30 PM)
(flip to the following page for details)

- 1 serving of **Flavored BCAA 12,000 Powder** mixed in 8 ounces of water (drink while working out)

Meal 5 (6:30 PM)
(or immediately following workout)

- 8 ounce portion of grilled chicken
- Salad with 1 tablespoon of flaxseed oil as dressing
- 1 cup of raw broccoli
- 1 cup of seasoned green beans
- 16 ounces of water
- 3 tablets of **Daily Complete** multivitamin

Meal 6 (9:30 PM)

- 1 serving of **Prostar® Casein Protein** mixed in 12 ounces of non-fat milk

SLEEP (no later than 10:00 PM)

The 7 supplements featured here are formulated to bombard muscle tissue from all angles, morning, noon, and night. They'll increase your capacity to power through workouts, pack on rock-hard mass, and improve recovery and muscle protein synthesis.

We've also included our exclusive meal plan as a roadmap to fuel your body with the optimal amounts of protein, nutrients, and healthy fats to build shredded muscle. Train hard, follow our guide . . . and soon your frame will be bursting at the seams.

Remember, your body is a reflection of your mindset. What better place to think big than Vegas?

PUMPIN' AIN'T EASY

But nothing worth having ever is.

And Ultimate Nutrition® has the tools to make it (a little) easier.
Follow our exclusive Meal and Supplement Plan and you'll be turning heads in no time!

ON THE COVER: Once again fan favorite André Galvão graces our cover with some amazing techniques to share. Photo: Patrick Flores

CONTENTS

August 2015 // Issue 35

Life

8
Editorial
Never Give Up

10
News
New stuff, gossip, old stuff and some strange stuff.

22
Promotions
Belts and Stripes

38
The Life
The Fingers of a Grappler Winning Is Everything?

46
How-To
Correcting White Belt Mistakes

50
How-To
Utilizing Competition Footage

88
Gear Lab
- FLUXK Toiler Gi
- ORIGIN Combat Clubs

94
Spotlight
Black Belts for Butterflies

102
Grassroots Grappling
Events from around the country

Skills

54
Knee Slice Passing
With Leticia Ribeiro

70
Cover Feature: André Galvão
Closed Guard Like a Black Belt along with some No-Gi excitement

MEET THE STAFF

Will **SAFFORD**
Certified Strength and Conditioning Coach who trains under Andre Galvao in San Diego, CA. Will specializes in mobility training, injury prevention, and kettlebell strength and conditioning. For more info visit his website at **ironwillathletics.com**

Jeremy **REID**
M.S.ED, CSCS, CISSN
Jeremy is a nutritionist and strength coach who works with MMA and jiu-jitsu champions. He obtained his master's degree in exercise physiology from Baylor University. He is a brown belt under Robert Drysdale.

Mackenzie **ARRINGTON**
Is an award winning chef out of Boothbay, Maine. He is the author of **GrapplerGourmet.com**, a comprehensive guide to cooking for the BJJ lifestyle. On the mats he is a blue belt out of PSABJJ in Brooklyn, NY, and a personal chef off the mats. Follow MacKenzie at **facebook.com/grapplergourmet.**

Mind

98
Mind Games
No Excuses!

114
Success
The Journey -
Bullied No Longer

Fuel

24
Grub
Mastering Weekly Meal Prep

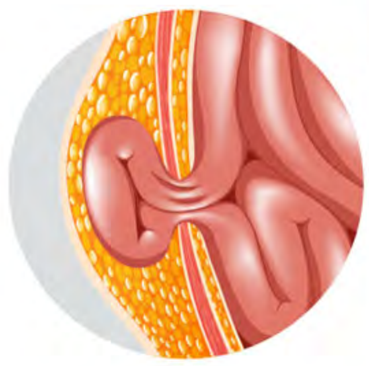
34
Supplements
Animal Based Protein
Supplements Explained

Body

42
Warm-Up
Training Aids For Brazilian
Jiu-Jitsu

104
Gains
Agility For Jiu-Jitsu

110
Medic
Classic Vs Sports
Hernia



Dr. Ethan **KREISWIRTH PHD,**
ATC of "Kreiswirth Sports Medicine" is the Medical Director for the International/ United States Brazilian Jiu-Jitsu Federation. Dr. Kreiswirth is a Black Belt in BJJ and has provided medical coverage for BJJ events since the mid-1990s. Ethan can be reached at **ekreiswirth@gmail.com**

Marshal D. **CARPER**
Is a purple belt under Sonny Achille. In addition to owning Artechoke Media, Marshal is the author of books like The Cauliflower Chronicles and Marcelo Garcia's Advanced Jiu-Jitsu Techniques. His latest project is **WhiteBeltProblems.com**, a free open-source resource devoted to making jiu-jitsu more accessible for beginners.

GR1PS

CYBORGS DON'T FEEL PAIN.

CYBORG LIMITED EDITION GI

CY-074

LIMITED EDITION

SUPERIOR ENGINE

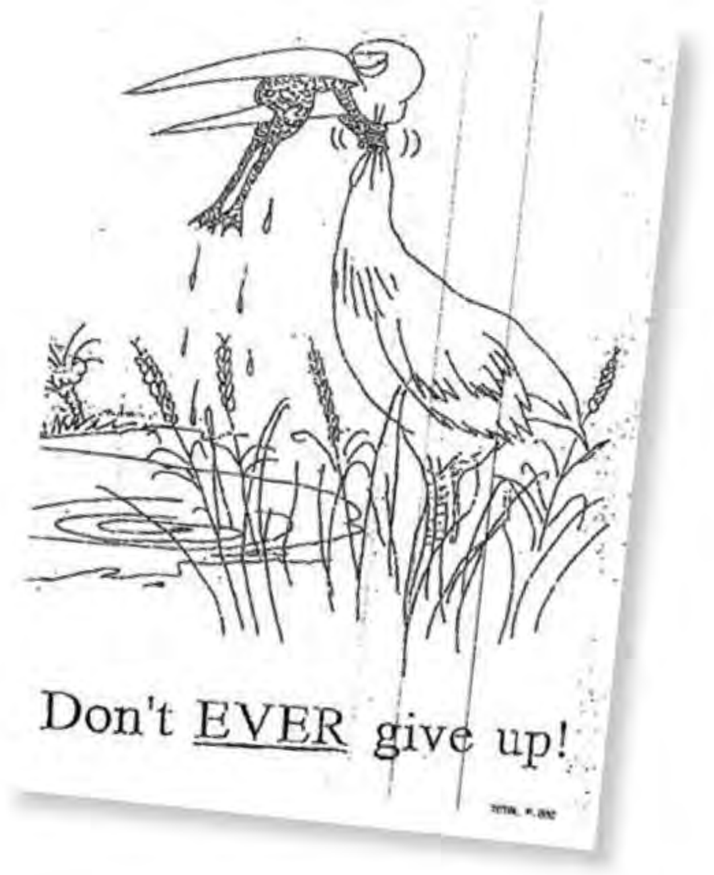
WWW.GR1PS.COM

NEVER GIVE UP

WHEN I WAS GROWING UP, MY FATHER AND I RAN A SMALL HOBBY SHOP IN OUR TOWN. On a bulletin board he had near the counter, he hung up a cartoon. It was of a bird, maybe a gull, I don't know, and it had the hind legs of a frog sticking out of its beak. Out of the sides of the beak came the frog's arms attempting to choke the bird. The caption below was, "Never Give Up." That little cartoon left n impression on me. As bad as things seemed for that little frog, he wasn't about to go down. Granted, there are certain situations where it might be best to change direction, or come up with a different plan of attack. However, with most things in life, it's that person who perseveres, who doesn't give up, that reaps the reward of their efforts. No matter the endeavor, "never give up" is usually good advice. In jiu-jitsu, I think back to my first few classes. As a white belt, I got frustrated with my lack of abilities and my training partners who didn't want to cooperate with what I was trying to do. I'm sure I thought about that cartoon on more than a few occasions. I used to think to myself, "how did they learn how to do that?" It was probably something as simple as an arm bar or a collar choke, but at the time I thought it would take forever to reach that level. I see that today when I roll with people just starting out. Something that I take for granted now is impressive and maybe frustrating to the guy who's just starting out. If you're a beginner, whatever you do, don't give up. When you feel like you're getting your butt kicked, realize that you're learning a lot! Hopefully, you'll never stop learning. Right now you're playing Checkers against opponents who are playing Chess. Eventually, and only if you don't give up, you'll be playing Chess like Neo from the Matrix. You'll begin to see the board like you never thought possible. Of course, you'll be playing against guys who seem to have designed the game in the first place, but don't worry about that. You'll be well beyond any thoughts of ever giving up at that point. Don't be the guy who saw his blue belt as the finish line, or the white belt who didn't even make it to one stripe. Those of us who have seen the power of jiu-jitsu first hand know that it has the ability to be truly life changing...but only if you don't give up.

Keep Rolling,

MIKE VELEZ
Editor/Publisher
mikev@jiujitsumag.com



This is the original drawing that my dad had posted 25 years or so ago. It had probably been faxed and photocopied a hundred times before. Like social media 1.0.

jiu-jitsu magazine

EDITORIAL STAFF
Editor & Publisher
Mike Velez
Associate Editor
Deb Blyth
Assistant Editor
Travis Guesnon
Contributing Authors
Matthew Corley, Dr. Ethan Kreiswirth, Will Sanford, Mike Calimbas, Marshal Carper, MacKenzie Arrington, Patrick Flores, Emil Fisher

ART & PHOTOGRAPHY
Art Director
Dave Palacios
Contributing Photographers
Jason Boulanger, John Cooper Kenny Jewel, Mike Lee, Mike Calimbas,

PRODUCTION & ADVERTISING
Production Director
Paula Fountain
Advertising Sales
Mike Velez
Circulation Manager
Tom Ferruggia

ADDRESS CHANGE & SUBS
Phone: 1.877.834.3552 ext. 227
Web: jiujitsumag.com

ADVERTISING & SALES INFO
Available upon request, Contact:
Jiu-Jitsu Magazine
PO Box 2405
Chino Hills, CA 91709
ph: 1.877.834.3552 ext. 221
fax: 909.591.1251

NATIONAL/INTERNATIONAL NEWSSTAND DISTRIBUTION
The Curtis Circulation Company

Jiu-Jitsu Magazine (ISSN 2157-6173) is a publication of Recon Media Inc. Phone: 877.834.3552; Fax: 909.517.1601 email: subs@jiujitsumag.com. Subscription rates are $39.99 for 12 issues (1 year), $59.99 per year Canada, and $99.99 per year for foreign airmail.
All rights reserved, The entire contents are copyright 2015 Recon Media Inc, and may not be reproduced in any manner in whole or in part without written permission from the publisher. The views and the opinions of the writers and advertisers are their own and do not necessarily reflect those of Recon Media Inc., the Publisher, or the editorial staff. The Publisher assumes no responsibilities for advertising claims, errors, and omissions.

Some of the techniques described in this magazine can be dangerous. Always practice safe procedures and use common sense. Recon Media Inc., and the Publisher can not be held responsible from any injuries or damage caused by these techniques. Perform at your own risk.

Jiu-Jitsu Magazine (ISSN2157-6173) is published monthly by Recon Media Inc., 3857 Schaefer Avenue # D, Chino, CA 91710. Periodicals Postage Paid at Chino, CA and additional mailing offices. POSTMASTER: Send address changes to iu-Jitsu Magazine, PO Box 2405, Chino hill, CA 91709

TRAIN FOR LIFE

Yuri Simoes
2014 Double Gold
NoGi World Champion

Gameness

www.facebook.com/GamenessFightwear
@GamenessFightCo
www.gameness.com

YEAR ROUND AND LIMITED

CHECK OUT THESE TWO GI'S FROM VANDAL KIMONOS, ONE LIMITED THE OTHER AVAILABLE YEAR ROUND. Underground Hawaii comes to the mainland with the limited edition Aloha Enforcers gi. It features art and design of The Aloha Enforcers whose motto is "Live aloha or leave." The gi is solid in features with 450 gsm pearl weave jacket, 12 oz lightweight rip stop pants that feature pearl weave in the gusset. All the major stress points are tripled stitched, and all the seam tape is folded under to be nice and smooth, available in black with yellow accents. As this is being written most sizes were still available and available for $169.

If you want something year round and don't care about the limited aspect Vandal has the Viper 2.2 Standard, available in either black or blue. It's lightweight yet rugged with a 450 gsm pearl weave jacket and 10oz military spec rip stop pants that feature Vandal's pearl weave gusset feature. All of the other quality features found on the Aloha Enforcers are on the Viper 2.2. It's available in blue, black, and white. Like most other Vandal Kimonos gi's the Viper 2.2 Standard is available in an unbelievable 21 different sizes and sells for $159. Their fit guide is incredible, basically a size to fit every body type. Check it out at their website.

Vandalkimonos.com

ZEBRA WARM-UP MATS

Have you ever been to a tournament and needed space to do your warm-up routine only to find about five dozen other fighters with the same idea crowded onto a small patch of mat space? Clearly the folks at Zebra feel your pain. That's why they've come up with the Zebra Warm Up Mat. It's perfect for warm-ups at competitions, at home, or anywhere since it easily rolls up for portability. It measures 2ft y 6ft when unfolded and is available in black, blue, and red. It also features a built-in storage pocket to keep your ID, mouth guard, phone, or anything else you might need just prior to competition. For a limited time, the new warm-up mat is available for under $40.

Zebraathletics.com

CTRL EAST COAST RELEASE

The East Coast was taken by storm recently thanks to the CTRL Squad. To debut the release of the King of New York project, featuring classic NY graphics designed by famed New York graffiti rtist EWOK. CTRL set up shop at the East Coast MMA Fight Shop on Manhattan's lower east side. The release party was for the "CONCRETE" edition of the gi. Grapplers lined up for a shot at one of only 75 gi's available. Even though the gi's sold out didn't mean the party had to stop. Incase you missed this one look for more one-of-akind limited edition releases from CTRL Industries on a fairly regular basis.

Ctrlindustries.com

THE TANK!

Sometimes gi manufacturers will come up with some unique name for their gi's that evoke thoughts of some zen-like emotion or cause. Not too often do these companies name a gi in the absolute best way to describe the actual product itself, until now. May I introduce to you the new Tank from Tatami Fightware. So what do you think of when you hear the word "tank?" I think heavy duty, able to take loads of punishment, indestructible, fear inducing, the list goes on. All of those descriptions are fitting for the Tank Gi. The Tank is made from 950 gsm double weave. Yes, you read that correctly, double weave. The gi's cut is the same as the popular Estilo gi pattern. The 950 gsm cotton isn't the only thing that makes the Tank a tank. Inside there's thick canvas reinforcements on all the seam areas. I've never been inside a real tank, but from all the movies I've seen it doesn't look too comfortable. That might be where this tank and an Abrams differ. The inside of the Tank is brushed for a smooth feeling while rolling. The pants are nothing to sneeze at either, made from 14 oz canvas it would take the Hulk, Thor, or even Ironman himself to cause a tear in these "bad boys!" The Tank is available in white, blue or black, and in A0 through A6 sizes and is available for around $170 from either Tatami or one of their online merchants. If you only wanted to buy one gi for the rest of your life or wanted to cut weight every time you put it on then this is the gi for you!

tatamifightwear.com

A New Way To Pay Per View

On paper this looks to be the most exciting Pay-Per-View card ever assembled. This year FIVE Grappling put their normal series of events on hold until 2016 and focused their energies on the development of the FIVE Grappling Super League. Those energies have appeared to pay off in what looks to be the most exciting, star-packed event of it's kind ever assembled. There are two 8-man brackets set up, one for men and one for women along with two super fights, all no-gi. The men and women will be competing for $17,500 in each category, for $35,000 total! The event will take place at Studio 540 in Solano Beach, CA and will be broadcast live via Pay-Per-View through Budo Videos. Here's the complete line-up (subject to change) The women: Fabiana Borges, Tammi Musumeci, Nyjah Easton, Karen Antunes, Angelica Galvao, Luiza Monteiro, Luana Alzugir, and Mackenzie Dern. The Men: Bruno Bastos, Yuri Simoes, Joao Assis, James Puopolo, Hector Lombard, Murilo Santana, Tim Spriggs, and Abraham Marte. Each match will be 6 minutes with points, but no advantages. The super fights are Keenan Cornelius against Otavio Sousa and Garry Tonon vs. Joao Miyao. The Tonon vs. Miyao is a rematch from a few years back with Miyao winning in the gi; this time it's no-gi. The Super fights will be 10 minutes sub only matches with a 6-minute overtime that has points but no advantages. That's a lot of jiu-jitsu for just $25. Yes, that's right. The PPV is going to sell for just $25. How could you not be screaming "Take my money, please!" right about now?

Fivegrappling.com

Red Alert

Senso is a relatively new gi company that we've become fans of over here. Their gi's so far have been simple, yet unique. The most recent example of those qualities is the Limited Edition Tiger of Gai gi. The new gi's back story (yes, this gi has a back story rooted in feudal Japan) concerns the Takada clan that ruled from Kai province for 400 years in Japan, from the 12th to 16th centuries. The Takada banner stated "fu rin ka zan" (wind, forest, fire, mountain), which stood for "swift as the wind, silent as the forest, intrusive as a fire, and immovable as a mountain."

The warriors who fought under this banner were known as the "Red Army." Those descriptors of the Takada clan (wind, forest, fire, mountain) all sound like what we want our jiu-jitsu to be. This limited edition gi honors Takeda Shingen, the most prominent daimyo of this clan who was known as "The Tiger of Kai."

The Tiger of Kai jacket is made of a stunning red 450gsm pearl weave spun from 100% cotton. The pants are made of perfectly color-matched 10oz rip stop cotton. Rash guard lining is found on the insides over the shoulders. All of the stitching is in a high-contrast bright white that goes perfectly with the red. Other features include a rip stop lapel, brushed cotton for a soft feel, reinforced knee pads, polyester-lined gusset for free movement, and more. Don't wait, this is a limited edition with only a few being made. Available in A1-A4 along with an A2W size. The Tiger of Kai sells for $170 and also comes with a free sticker pack and matching red mat towel. It is only available at their website.

sensobjj.com

CTRL INDUSTRIES

CTRL INC

CTRL INDUSTRIES

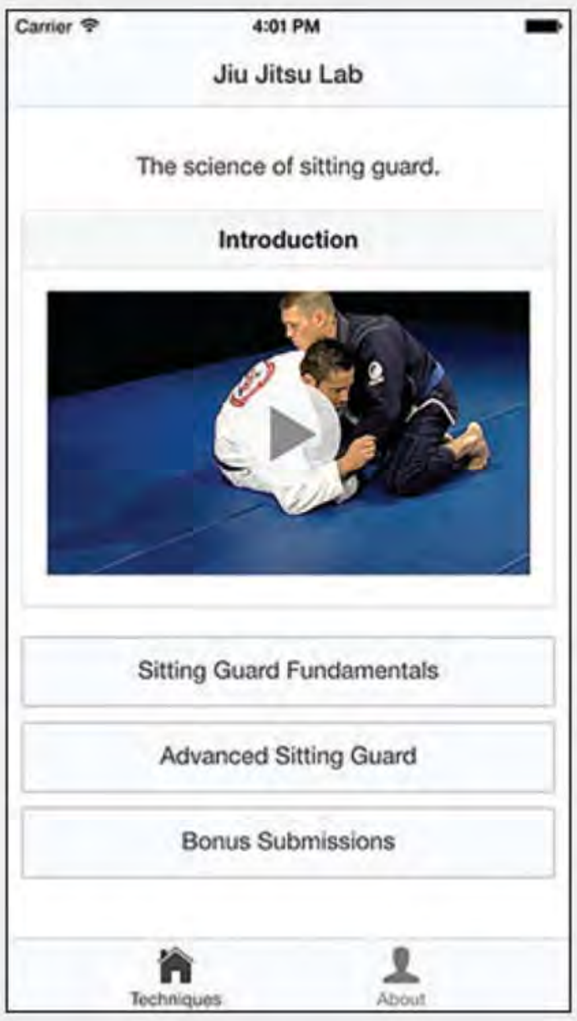
TECHNIQUE IS KING CTRL

CTRLINDUSTRIES.com

Ephesians 6:10-13

Sitting? There's an App For That

If you pay attention to the move de jour that circulates through social media each day, then you've probably noticed that there are a lot of people playing sitting guard these days. One way to master the sitting guard, or at least get a much better understanding of it is the new Jiu-Jitsu Lab Sitting Guard App featuring Jean Jacques Machado black belt, Matt Baker. The App is packed with 36 different techniques all demonstrated in clear, high-quality video. As of right now the app is available on iOS in the Apple iTunes Store and is only $6.99 for a DVD's worth of instruction. Search "Jiu Jitsu Lab" in the iTunes store.



RECAST

There's a difference between a simple rash guard and a rash guard designed to provide the benefits of compression. The new Recast Compression series from Hayabusa looks to cover all the bases. Available in four colors: black, blue, yellow, and red and in both long and short sleeve. The series is made from high-performance tensile fabric with what Hayabusa calls "strategic fitting points." The idea is such that moisture is drawn away from the skin to help keep your body dry and at an optimal surface temperature while rolling either by itself or with a gi on over it. The short sleeves have a suggested price of $59.99. Opting for long sleeves will set you back an extra $5.

Hayabusafight.com

M&A NOT MMA

A few months back in these pages you might have read our interview with KOZEN Fighter creator JW Wright. KOZEN Fighter was the fight tournament being franchised across the country to entrepreneurs looking to get into the jiu-jitsu business beyond the traditional academy/school model. Well, KOZEN caught the eye of FUJI Sports (Think FUJI Gi's and FUJI Mats). FUJI Sports has since acquired KOZEN Fighter to help expand the concept along with rebranding the enterprise under the FUJI BJJ Championship Series. Keeping with the original ideals the tournament schedule will include stops in cities where jiu-jitsu schools thrive yet are often overlooked by larger tournaments. The new series will continue with the franchise model set up by KOZEN Fighter and according to FUJI Sports vice-president, Jimmy Pedro, they hope to have 10 franchises up and running by the end of 2016. For more information on the series or possible franchise opportunities be sure to check out their website.

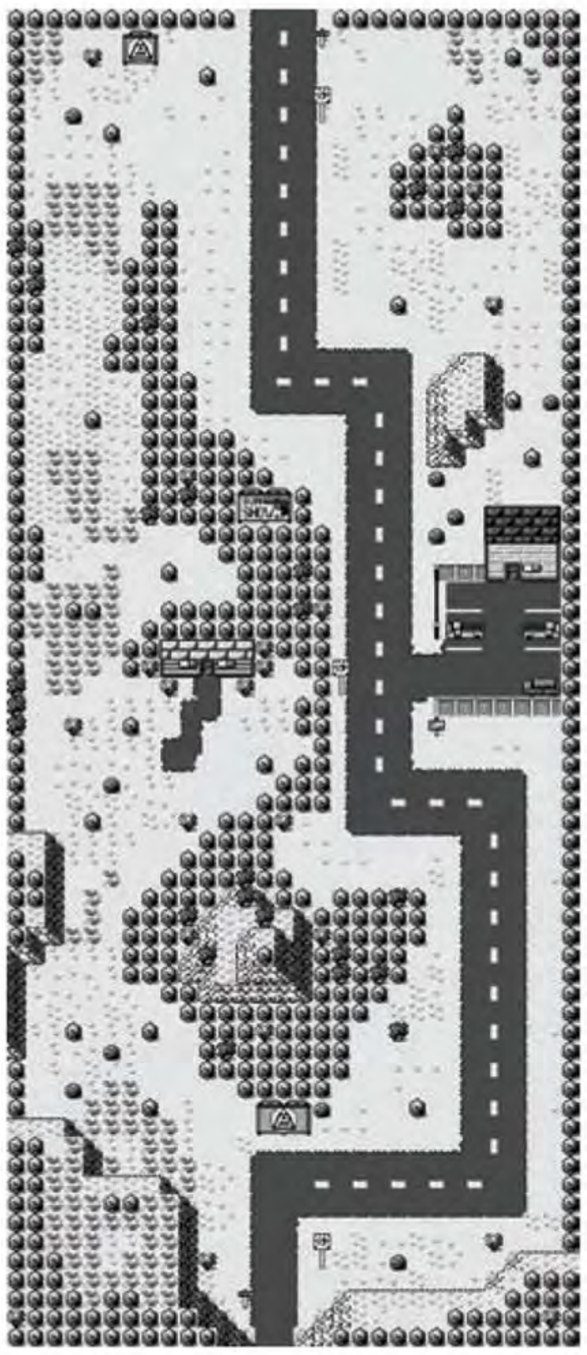
Fujibjj.com

FLUXK™

TRAIN • EXPLORE • CREATE

FLUXK is a designer of Brazilian Jiu-Jitsu apparel and gear for those who choose to keep it simple.

fluxk.com/bjj



Hey Bro, Let's Go!

It seems like the plot line for a bad B-movie, and actually it has been a few times. Dojo Storming, as it's referred to, is when someone goes into a martial arts dojo looking to challenge anyone in the place. Luckily that doesn't happen too often in today's modern jiu-jitsu academy. However, you'll soon be able to live out this wild fantasy with Super Brazilian Jiu-Jitsu Dojo Storm for your iOS, Android, or PC. It's a retro role-playing game where you play the role of Tim, an aspiring world champion. You travel from a rural town to the big city of Bitsburgh to compete in the Polaris Team Invitational, recruiting a zany team of martial artists to compete at your side along the way. You soon discover, however, that an outbreak of the McDojo virus threatens to infect jiu-jitsu, raising the stakes from winning a gold medal to saving the sanctity of jiu-jitsu as we know it. The future of the art rests on the shoulders of you and your hodge-podge team of fighters. You can even power up during the game play by reading this month's copy of Jiu-Jitsu Magazine! The game is brought to you from the guys from Artechoke Media and it just underwent a successful Indigogo campaign. Be sure to be on the lookout, the scheduled release date is this September.

artechokemedia.com

LET'S ROLL.
QualityJiu-Jitsu Mats for professional & home use.
Official mat Sponsor of
NEWBREED
ULTIMATE N CHALLENGE

SALE!
PROFESSIONAL MATS
Smooth or Tatami surface,
Custom-made for your space.

HOME PRACTICE MATS
Convenient sizes • Easy to Store
Lightweight & Portable
Free Shipping on all Home Mats!

30% OFF
FACTORY SPECIALS
Up to 30% off new mats.
Various sizes, selections
updated weekly!

South/Western US: 877-939-3539
East/Midwestern US: 877-404-2405
www.ezflexmats.com
EZ Flex SPORT MATS

That's Bellator fighter Tamdan "The BarnCat" McCrorry.

DON'T PASS ON ME

Do you know what the Gadsden flag is? It's the yellow flag deep in American history with the coiled rattlesnake ready to strike and the words "Don't tread on me." Well, this is DaFirma's interpretation of that sacred American symbol. A portion of the proceeds generated from the sale of the D-TOM rash guard will go to a deserving military charity. At the time of this writing, Firma Kimono's President Ricardo Tubbs, a military veteran himself, was in the process of choosing a deserving charity that does right for military members. Many charities spend most of their funding on administrative expenses rather than the intended cause. The new rash guard will be available by the time you read this. No exact price has been set yet, but we expect it to be affordable.

Dafirmabjj.com

photo: Travor Photography

INJURY UPDATE!

Just as we Just as we were going to print we received word that Marcus "Buchecha" Almeida did indeed tear his ACL in an absolute quarterfinals match against Ricardo Evangelista at the 2015 IBJJF Worlds. He's been down in Brazil since the Worlds will undergo surgery to repair the tear along with his recovery down in his home country. We wish Buchecha a speedy recovery.

More than just a policy.

Martial arts insurance you can count on.

Quality, experience, professionalism, and knowledge are the principles on which we've developed our insurance program. With decades of experience underwriting and servicing the martial arts industry, you can count on Markel.

Coverages: General Liability, Property, Tournament, Excess Accident Medical

martialartsinsurance.com | 1.800.866.7403 | facebook.com/markelhealthfitness

MARKEL®

Marcus "Buchecha" Almeida,
World Champion

HAYABUSA

HAYA

真珠

SHINJU

LEGENDARY
PERFORMANCE

The NEW and Redesigned Shinju™ Gi from Hayabusa®

Marcus Almeida epitomizes what a true warrior is. Silent, methodical, deadly. With every rigorous training session, he hones his skills in order to reach the highest echelon in competition. The gi is a vital tool to his craft so selecting his weapon of choice is of utmost importance. With craftsmanship, design, durability and overall performance in mind, Buchecha chooses Hayabusa.

The Shinju Gi from Hayabusa is available in three different color options.

HayabusaFight.com /HayabusaMMA @Hayabusa_MMA /Hayabusainc

HAYABUSA®

DOWN, DOWN-FORWARD, FORWARD AND ATTACK

Any child of the 80's or 90's knows what this means. Hadoken! Memories of lining up quarters at our neighborhood liquor store immediately came to mind when we saw this limited release of the Hadoken Gi from Fusion Fight Gear. Last month we showed you some of their official licensed rash guards, this month they're unveiling the Hadoken Gi named after Ryu's special power in the Street Fighter video game series. The gi is official licensed by Capcom and has a run count of only 300 gi's total worldwide. With the scarcity and reconcilability of Ryu we're sure that a lot of these gi's will be tucked away in some gi collectors closet, however, those lucky enough to get one with the intent on rolling will be well prepared. The gi top is made from a 550 gsm Japanese pearl weave. It's not made in Japan, however is woven in a traditional Japanese pattern. The pants are a super soft double twill cotton. Along with being a collectible on it's own, the Hadoken gi comes in this collectible bag. No word yet on price, so check Fusion Fight Gear's website for more details.

fusionfightgear.com

ARMBAR-B-BQ

JIU-JITSU FOLKS FROM ALL AROUND THE ST. Louis area made it out to the first annual ArmBar-B-Que hosted by Kyle Watson. The event not only brought together people from every school in the area but also helped raise money for Gateway Pet Guardians, a local non-profit pet shelter. Participants got in some great training with new and old friends while enjoying one of the things St. Louis is known for, BBQ!

Check out the video Kyle made of the BBQ here:

FACING FEAR HEAD ON

JACLYN HAS A LOT OF FANS AND FOR GOOD REASON. She trains alongside her Chris Merten, who advises us about how she constantly amazes him. During day classes, Jaclyn is the only female in a class made up of men 225 lbs and above. That hasn't stopped her from escaping from the bottom and finishing when she gets to the top. This is awesome, but where she shines is that she deals with extreme anxiety and panic attacks. They've affected her so much in the past, that she suffered an anxiety attack so harsh that her body completely shut down in the middle of a match of a double elimination tournament. Once she caught her breath and began to relax, Jaclyn made her way back onto the mats and drew inspiration from other competitors and random people in the crowd who urged her on and supported her. At the Alberta Provincial Championships, she earned a silver medal. It's that same dedication, willpower, and never quit attitude that helped her earn her blue belt from Anderson Goncalves at TILT MMA in Calgary, Canada. Amazing job Jaclyn!

A PROUD BIG BROTHER

Yoon Seok has been paying attention and respects his little brother, Yoon Gun, a lot. Though Yoon works extremely hard in his career, he's finding as much time when he can to train after work if possible and every weekend. Recently Yoon Gun received his blue belt from Lee Sooyong of the John Frankl Academy in South Korea. Good job and keep it up!

Black Belts A Many!

The "Manimal" and head instructor of Factory X in Englewood, CO, JJ Pugsley is feeling like a proud papa of his pupil, Chase Hackett. After 10 years of training JJ couldn't be happier when he awarded Chase his black belt, also making him JJ's first of hopefully many to come. Congratulations to you both on your achievements! OSS!

Sweet 16

Jason Dodd, the owner of Global MMA Academy in Gainesville, FL has a wealth of martial arts knowledge. He already has both a 3rd-degree black belt in Renshinkan Full Contact Karate and another 3rd-degree black belt in Japanese Jiu-Jitsu. This past April he added to that receiving his Gracie Jiu-Jitsu black belt from Grandmaster Relson Gracie, after beginning his journey 16 years ago. All of the students and staff at Global, as well as us here at JJM, would like to congratulate Sir! OSS!

Elpidio Santiago

The hits just keep on coming, as Elpidio Santiago, also received his jiu-jitsu black belt from Carlson Gracie disciple, Rinaldo Santos of Carlson Gracie Central Florida. Elpidio has spent 40 years in the martial arts and teaching for 29 of those, so the 10 years working toward this goal was always in sight. He states that he owes this great accomplishment to and thanks his instructor, family, students and the community of Keystone HST Florida. Well done Elpidio! OSS!

GETTING AHEAD IN BUCKHEAD

Congratulations to both Cayden Tucker on earning his grey belt and Jessica Hurtt on her first stripe. Both were promoted by 2nd-degree black belt, Sam Joseph at Buckhead Jiu-Jitsu in Atlanta, Georgia. Nice job you two!

Even Promotion Days Are Bigger In Texas!

The students of Gracie Barra North Austin, TX not only received a special seminar courtesy of Itacio Lisboa, but also were presented their new belts as a ceremonious event. From left to right: Daniel Venson-purple, Angie Velasquez-blue, Samuel Cartwright-blue, Sean Lucas-blue, Chris Ollis-blue, and Tyler Thompson-purple belt. Back row: black belt instructors Ricardo Moraes, Itacio Lisboa, and Andrew Shipman. Congratulations to you all!

ONE BUSY [NEW] BROWN BELT

Running his own business, spending time with his family, coaching little league, traveling, and doing jiu-jitsu, no big deal for 44 year old, Sean Butler-Galliera. Between all of these things, he found time to keep moving up in his rank at a stellar pace, as he was promoted to brown belt. A product of Pat King/Royce Gracie Jiu-Jitsu in Northridge, CA, Sean has been lucky enough to visit and train in gyms all over the country and internationally. His next two goals are to train finally in Brazil and then earn his black belt. Good luck Sean and awesome job on your promotion!

EMAIL

SEND US YOUR PROMOTION PHOTOS along with your name, school, instructor, and a little back story. Email us with the subject line, **"Pro Motions"** to *feedback@jiujitsumag.com* and keep an eye out for your Pro Motions in a future issue. School owners, please hold off on sending "group" promotions, and please keep it to specific individual students. JJM

MASTERING WEEKLY MEAL PREP

DON'T BOTCH YOUR DIET, BATCH IT!

MacKenzie Arrington **Patrick Flores**

WOULDN'T IT BE NICE TO ALWAYS COME HOME TO A FRIDGE FULL OF PREPARED MEALS? Imagine coming home from training knowing you have food ready that is nutritionally on point for you. It is as simple as grabbing a box out of the fridge, slapping it in a pan, oven or microwave and adding a little sauce and presto, you're munching away on dinner in less time than it takes to key-lock a body builder. You'd never have to grumble, "Damn, I still have to cook dinner?" or "What am I going to have for lunch?" after your training session. I bet you're thinking, "Yea, that would be nice, but I do not have a personal chef or nutritionist at my beck and call." Well, news flash, if you take 1-2 hours out of your week, you can become your own personal chef by mastering the art of batch cooking for the week.

WHAT IS BATCH COOKING?

In theory, you are preparing your food for the entire week at once. You will essentially be cooking your meals to about 95% completion so when it's meal-time, you have minimal steps to finish the meal out before it is ready to chow down on. You will be saving yourself a ton of time and will be benefiting from having a consistent meal source that is controlled nutritionally. And, you are not eating junk in a pinch because it was easy and you did not feel like cooking. If you factor in the time we waste thinking, "What's for dinner?" while roaming food aisles or our cupboards trying to come up with something; eliminating that alone will pay dividends in the long run.

The Benefits

Time is valuable. By spending a few hours, one or two days a week cooking, you will save a lot of time throughout the week by not having to cook a meal each day from scratch. Not to mention saving lots of money also.

Do you have a hard time staying on a diet? Well, if you prepare all of your meals in advance, you can ensure you stay on track by making them fit the mold of the diet.

Cooking in batches/bulk means you will be buying in bulk and did you know that most grocery stores are not evil and actually reward those who buy in bulk by giving a discount? Don't be scared of a higher grocery bill to start, instead think of all the money you'll save being able to buy in bulk.

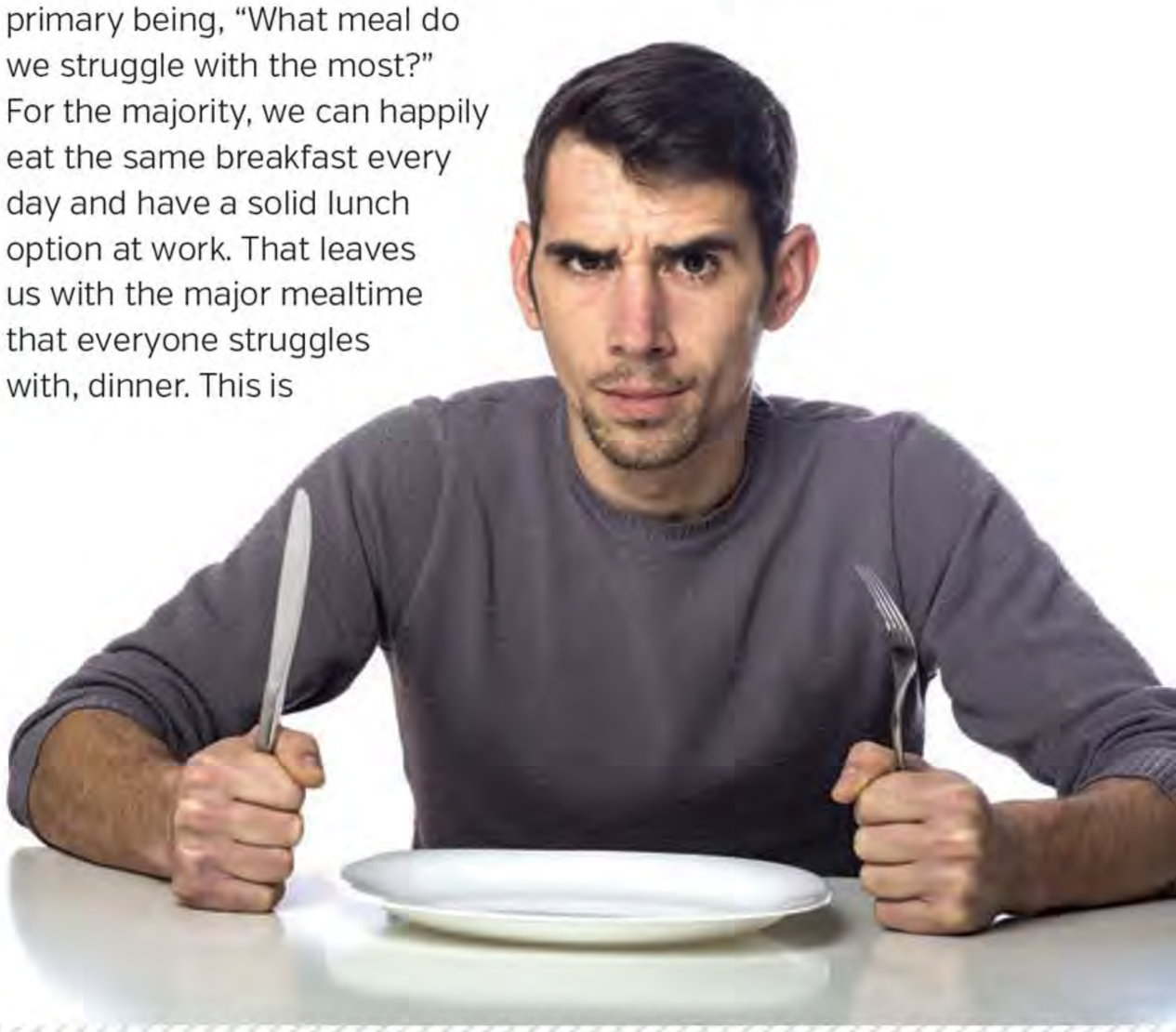
This type of cooking is fully customizable; think of batch cooked ingredients like Lego blocks, and each meal is your badass spaceship, available to make exactly how YOU want it to be.

It is fun and rewarding. Call me crazy, but nothing is more satisfying than sitting back and looking at a fully stocked fridge of meals perfectly organized. For the more sane people, the process is rewarding because you will find yourself surprised that you accomplished so much in such a little bit of time. Then the next thing you know, every week you'll be looking forward to your batch cooking day.

Target Acquired

When we are thinking about cooking in bulk, we need to ask ourselves a few questions. The primary being, "What meal do we struggle with the most?" For the majority, we can happily eat the same breakfast every day and have a solid lunch option at work. That leaves us with the major mealtime that everyone struggles with, dinner. This is because we are tired, worn out, hungry and already gearing up for the following day as we are nearing dinnertime. The last thing we want to do is wind down just to roll up our sleeves and start laboring over the stove for an hour just to eat in a matter of minutes before going to bed.

We will start batch cooking the same way we started our journey into jiu-jitsu, in small steps. We will master one meal time, and then before you know it, you will be able to have every meal plan covered and be left with a well-fueled body and spare time on your hands to train.



HOW TO GET STARTED

Now that we have narrowed down that we want to target dinner, we need to go over a little checklist. When is the best time to get cooking? Usually, I like to do my batch cooking on a Sunday afternoon right after grocery shopping. This ensures that our ingredients are as fresh as possible, and most gyms are closed Sunday, so you do not feel like you are missing out. Now that we have a day picked out in our heads we need to come up with a quick, simple menu.

Common Supplies

Microwave-safe, to-go containers, Tupperware, and Ziploc Baggies. Stove, cutting board, large bowls, crock pot, pots and pans.

Menu & Ingredients

Patience, since the first couple of times you might feel overwhelmed or lost.

BULK UP

It is always a plus to have certain ingredients around the house that you do not need to go out and buy every week. So, when you can stock up on dry ingredients do so. That way, when we go to the grocery store, we are focusing on the fresh ingredients because we know we have a third of what we need already back at home. For a simple meal plan you want versatility. We are going to be using the same couple ingredients as a base, but making different meals, so we are not bored eating the same thing every night. The trick is to cook a protein source, carbohydrate source, and a vegetable source in bulk and then throughout the week add a few finishing techniques to make different dishes. A trip to the local warehouse store is also a great idea to bring your cost per meal way down.

Staple Protein Sources for Batch Cooking

CHICKEN: Hands down the game winner here because it is lean, cheap in bulk and very neutral so a little spice here or sauce there can make the same chicken seem worlds apart when it is time to finish.

STEAK: Do not be afraid of getting some of the cheaper cuts of steak for batch cooking. You should try and always get a red meat source in daily. Aim for lean steak and even frozen cooked steak strips work.

EGGS: I would pick eggs over a lot of other options because hard/soft boile eggs are great cooked in advance for egg salads, but mainly because eggs are an essential finisher. Also, they take no time at all to cook.

Staple Carbohydrate Sources for Batch Cooking

BROWN RICE: Cheap in bulk, a great source of carbohydrates and always good to have in a pinch.

QUINOA: Protein packed, ready in 15 minutes and holds up very well after cooking.

SWEET POTATOES: They hold for a long time uncooked and do so even when cooked.

Staple Vegetable Sources for Batch Cooking

ASPARAGUS: Packed nutritionally and when bought in bulk or frozen you will be saving yourself a lot of cash-ola. Asparagus is easily prepared and cooks quickly even if you are opting for a microwave approach.

BROCCOLI/CAULIFLOWER: When I think of batch cooking I always have to have roasted vegetables. They are easy because you can throw them in the oven first thing while you do the rest of the prep, and they take care of themselves. The depth of flavor is a huge switch because we all need a little sweetness. Broccoli and Cauliflower are the power players here because they are cheap, nutritious and can fit into most all cuisines.

SPINACH: Similar to eggs for the protein sources, spinach is an excellent finisher. A big bag of spinach is under three bucks, cooks in a matter of seconds, but also is a great addition mixed into your quinoa/rice when preparing it for the week.

PROFESSIONALS IN MATS + FACILITY DESIGN
MARTIAL ARTS | BJJ | MMA | JUDO + MORE

FUJI MATS™
+ FACILITY DESIGN

SPECIAL OFFER!

20% OFF
FUJI MAT ORDERS

+ FREE GI & GEAR

[SPECIAL OFFER ON 1-1/2" & 2" MATS ONLY]

MENTION
jiu-jitsu magazine
FOR DISCOUNT BENEFITS!

Jimmy Pedro
- Judo World Champion
2x Olympic Medallist &
President of Fuji Mats

VISIT US AT:
www.BuyFujiMats.com

CALL US AT:
800.663.0629

EMAIL US AT:
info@FujiSports.com

HOW MUCH?

When you are setting out your game plan for the week you should factor in how many meals you plan to make. Then take into account that you want to have roughly 1 cup of carbohydrates, 8 oz of protein and 1-2 cups of vegetables in each meal. With that knowledge, we know that we need to cook at least 5 cups of carbohydrates, 2 ½ lbs of protein and 5-10 cups of vegetables. These numbers seem confusing at first, but a good trick is to lay out your containers and place in the raw vegetables into each and get a feel for it. What do 5 cups of asparagus stalks look like? It looks like a small handful x5. Don't over complicate it. Let's look at a sample menu and grocery list for a week.

TIP:
Quinoa and Brown Rice multiple in volume 4 times from dried to cooked. So 1 cup of dried of either will equal 4 cups cooked.

MEAL PLAN IDEA

When I am working on batches of meals for the week I like to do three different meals two times a week. That means six total meals. I alternate them to keep from being bored or feeling like I am eating the same thing I had the night before.

FRESH OR FROZEN?

When you are cooking in batches you will find that it might even be easier to buy precooked frozen protein, such as grilled chicken breast or steak strips. These are perfectly fine to use and reheat well in the to-go containers with asparagus.

This is the part of the article where I'd typically give you a recipe or two to follow thanks to my vast culinary background. However, since Mike is out in California and he's the one creating the photos for this article he thought he'd show you one of his favorite menu's for batch cooking.

Grocery List

2 lbs Chicken Breast
1 package (only need 1 1/3 cups) Quinoa, uncooked
1 large bunch Asparagus
1 8 oz. can tomato sauce
1 small tomato
1 small onion
1 clove garlic
Olive oil
No sodium seasoning

Grilled Chicken

How many meals you want to cook will determine how much chicken you want to prepare. For this example I prepared 2 lbs of fresh chicken breast.

Prepare the chicken by removing any of the fat or parts that don't look very appetizing.

Next season, I like Ms Dash. She comes in a variety of flavors, has almost no sodium or other questionable ingredients. Season depending on taste.

Transfer the chicken over to a medium grill and cook covered for 5-6 minutes per side. As you see the edges turn white on the first side then you know it's ready to flip. Don't over cook your chicken or it will get dry and won't be very tender.

WWW.VANDALKIMONOS.COM

REAGAN PENN

Once removed from the grill don't cut right away, give it a few minutes to cool down and let the juices lock in.

Spanish Quinoa

This is Mike's personal recipe that he came up with by simply substituting quinoa for rice with his mom's family recipe.

1. In a medium shallow covered pan pour a 1 1/3 cups quinoa over a medium heat. Quickly add 2 Tbsp of olive or your favorite cooking oil. With a wooden spoon stir the quinoa constantly as it browns. It will brown quickly and burn even quicker if you're not careful.

2. Keeping track of the color notice as it darkens, as soon as you see that most of the quinoa has turned a shade darker from where you started reduce the heat to low and SLOWLY add a cup of water to the pan. Avoid hot oil splashing on you so pour water in carefully.

3. If you're not too concerned with sodium you can ad a cube of beef bullion at this point, but it's not necessary.

4. From here you're going to add an 8 oz can of tomato sauce. If you like spice go with a chili flavored sauce like "El Pato" or regular tomato sauce.

5. Now's the time to add your veggies, you can add a quarter of a chopped onion, some garlic, a whole chopped tomato are all good choices. If you don't have those items handy some chunky natural salsa is a good alternative.

6. Stir everything together and cover with a low heat. Check occasionally with stirring the bottom of the pan so nothing sticks.

7. Total cook time will be about 15 to 20 minutes covered. You'll know it's done when the quinoa has a nice fluff texture.

Steamed Asparagus

For this one we went steamed although you can also blanch your veggies. I like to do these fresh each day, however you can also cook in advance, just be careful not to over cook your veggies.

First wash then remove the stalks. Transfer to your steamer and let steam for between 4-5 minutes.

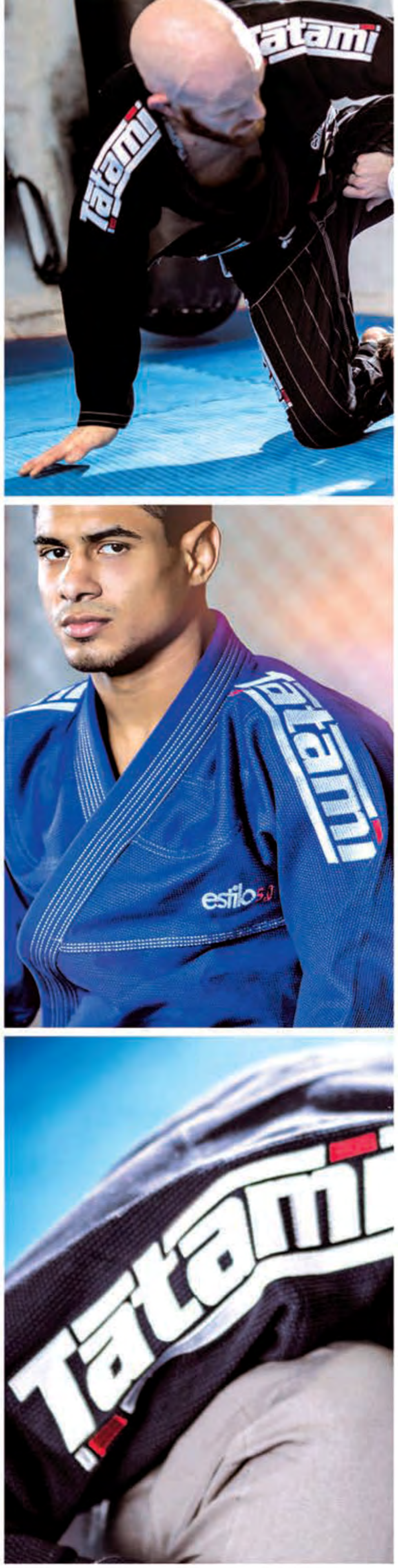
Don't let them over cook and go from a nice bright green to anything less vibrant. Color is key. Once you've got the right doneness remove from the heat so they stop cooking.

PLATING

You have a couple options here, you can either store in bulk and prep each plate when it's time to eat, or you can plate single meals. Either works although I've found plating at once when you're not starving will make it easier to ensure that you're keeping your portion control in check. Use a small cooking scale to measure out your protein and quinoa if you're trying to restrict calories.

CONCLUSION

You are not limited to these ingredients or just to dinner. Once you get the hang of how to cook in batches, you will be tempted to prepare every meal this way and have a fridge of stacked containers ready to grab and go. When you are working in bulk, think about how not all foods will hold up very well, you do not want to cook salmon on Sunday for Wednesday. Just make a second trip to the grocery store on your way home Wednesday and get your salmon then and use it as a "finisher." Using this technique, you will find your nights will be a lot less stressful and a lot tastier. There are a ton of recipe ideas and food reviews on my site GrapplerGourmet.com that work well into this method. Use your head, don't over complicate things and ultimately, eat well, train hard. OSS. *jjm*



Tatami fightwear

estilo5.0

estilo

Tatami
fightwear

ANIMAL BASED PROTEIN SUPPLEMENTS EXPLAINED

Jeremy Reid

WE'VE DONE READER SURVEYS AND HAVE DISCOVERED THAT NEARLY 50% OF OUR READERSHIP TAKES SOME TYPE OF PROTEIN SUPPLEMENT. So, how do you know which ones are good and which ones you should take? Easy! I'm going to tell you. I will cover the different types of animal based protein supplements (plant based next time) and hopefully clear up a lot of the confusion out there. First of all, we must understand exactly what protein is and why it can be beneficial for us. Protein is a critical nutrient in human nutrition and even more important to the active grappler. The main role of dietary proteins in the body is for protein synthesis, or simply, building and repairing muscle. Protein synthesis is necessary for recovery between workouts, and increasing muscle mass, strength, power, and endurance. It also prevents loss of muscle mass, strength, power, and endurance during weight cutting, but why protein supplements and powders? Can't you just eat protein and get the same effect? This is a very good question, and the answer is, "kind of." While you should eat a high protein diet, and I do recommend getting the majority of your protein from whole food sources, protein powders are beneficial. There are a few reasons why protein supplements are helpful. The first reason is the convenience they provide. I don't know about you, but immediately after a training session I'm not exactly in the mood to eat a large chicken breast or piece of fish. Protein supplements are an extremely easy and effective way to ensure we get the protein we need exactly when we need it. Another reason is the ability to provide the exact type of protein we need at the right moments. There are certain times our bodies need a quick rush of protein and certain times we need a slow, steady protein source. With protein supplements, we can ensure we are getting the right kind of protein at the right times. So, let's take a look at the different types of protein supplements out there and how we can use them.

WHEY

Whey protein is without a doubt the most common protein supplement on the market. There is a pretty good reason for this. Whey protein is probably the most effective post-workout protein supplement. Whey protein has been referred to as a "fast" protein because it is rapidly digested and leads to a large temporary rise in plasma amino acid levels. Whey protein is a dairy protein. Basically, it's part of milk protein and is obtained as a by-product of cheese manufacturing. Also known as 'lactalbumin,' it constitutes about 19% of cow milk and is a rich source of amino acids. It also does contain cholesterol and minimal fats. Whey protein is considered such a high-quality protein due to its high levels of amino acids, like essential amino acids (EAAs) and branched chain amino acids (BCAAs). These amino acids help in protein synthesis and maintenance of muscle tissues. Since whey protein is a "fast" protein, it provides quick nourishment to the muscles. This is critical immediately after a training session. During a training session, our muscles are being stressed and broken down. Following the training session our muscles are primed for recovery and rebuilding. They are literally starving for amino acids. The sooner we ingest protein, the sooner we can get amino acids to our muscles to stop protein breakdown and start protein synthesis (building muscle). The quick digestion and sharp rise in amino acid availability make whey the best choice at this time. Because of it's derived from milk some grapplers with lactose intolerance might feel some adverse effects when taking whey protein.

CASEIN

By now, some of you have probably heard about casein protein. If not, it is the other part of milk protein. Casein has a more gradual and prolonged increase in amino acid plasma levels and therefore it is considered a "slow" protein. Casein is the most abundant protein in milk. It is relatively insoluble and tends to form structures called micelles that increase solubility in water. During the processing of milk, the casein peptides and micelle structure become disturbed or denatured to form simpler structures. This results in the formation of a gelatinous material, which leads to a slower digestion rate. Because of its slower steady release of amino acids into the bloodstream, casein is beneficial at certain times. One of those times is right before bed. When we sleep, we have 6-9 hours of fasting, with no nutrient intake. This is also the time when a significant amount of muscle rebuilding happens. Those two do not go well together. If you guys remember anything it should be that we need the necessary amino acid availability to effectively and completely rebuild muscles. Ingestion of casein protein before bed can help solve this problem. The prolonged release of amino acids can help give our muscles the necessary nutrients throughout the night. Casein can also come in handy during weight cutting as a meal replacement shake. The steady supply of amino acids will aid in preventing loss of lean muscle mass during calorie restriction.

EGG

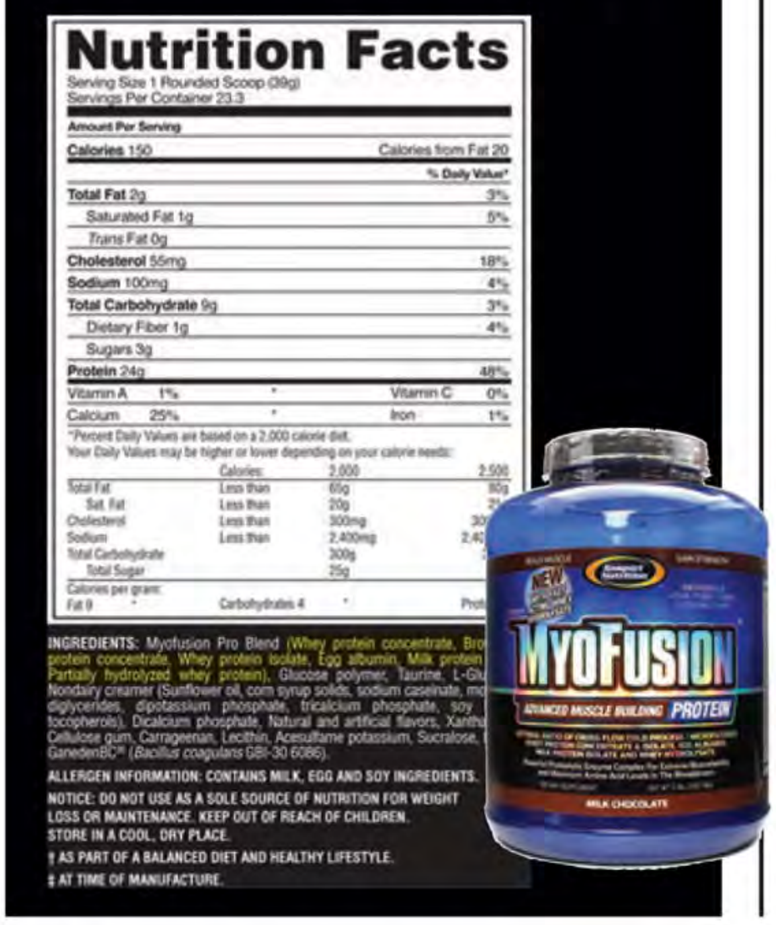
Did you ever see the movie "Rocky?" We all remember that scene where Rocky downs a glass of raw eggs. While still crazy, there may be a little bit of sense to it. Egg protein powder is an older protein supplement that has made a comeback in recent years. If you remember from my protein article, egg protein is a very high-quality source of protein. Eggs have traditionally been used as the standard of comparison for measuring protein quality because of their essential amino acid profile and high digestibility. Egg protein is a relatively fast digesting protein that can be a great substitute for whey or casein protein if you have sensitivities to milk or dairy. While its score is not quite as high as whey protein, egg is still a great option. If you can't handle and/or do not like whey or casein protein, I would highly recommend you give egg protein a try.

HYDROLYZED BEEF

Hydrolyzed beef protein is protein that's derived from USDA grade beef that's boiled to hydrolyze the protein. Then it's filtered so that only the proteins remain without the fat and cholesterol normally associated with beef. The boiled water is then evaporated, and protein that's left is turned into a powder and mixed with flavoring, and other ingredients to create a finished product. The advantage of this form of beef protein over other proteins is that amino acid profile is very complete. Also, if you're lactose intolerant, this is a great option compared to proteins that come from milk, like whey.

Mixtures

When you walk into any supplement shop, you're sure to spot protein mixtures. Mixtures are exactly what they sound like, a mixture of different protein types. The most common being mixing whey (fast) and casein (slow). The basic goal of these mixtures is to combine the sharp, fast increase in plasma amino acids with the prolonged steady rise. Although still new, the results seem extremely promising. Studies on these mixtures have been showing a fairly quick rise in amino acid availability, close to pure whey protein, followed by a steady drop, as opposed to the sharp drop seen from pure whey protein. While whey protein is still your best bet post workout, mixtures are probably your best choice for meal replacements throughout the day.

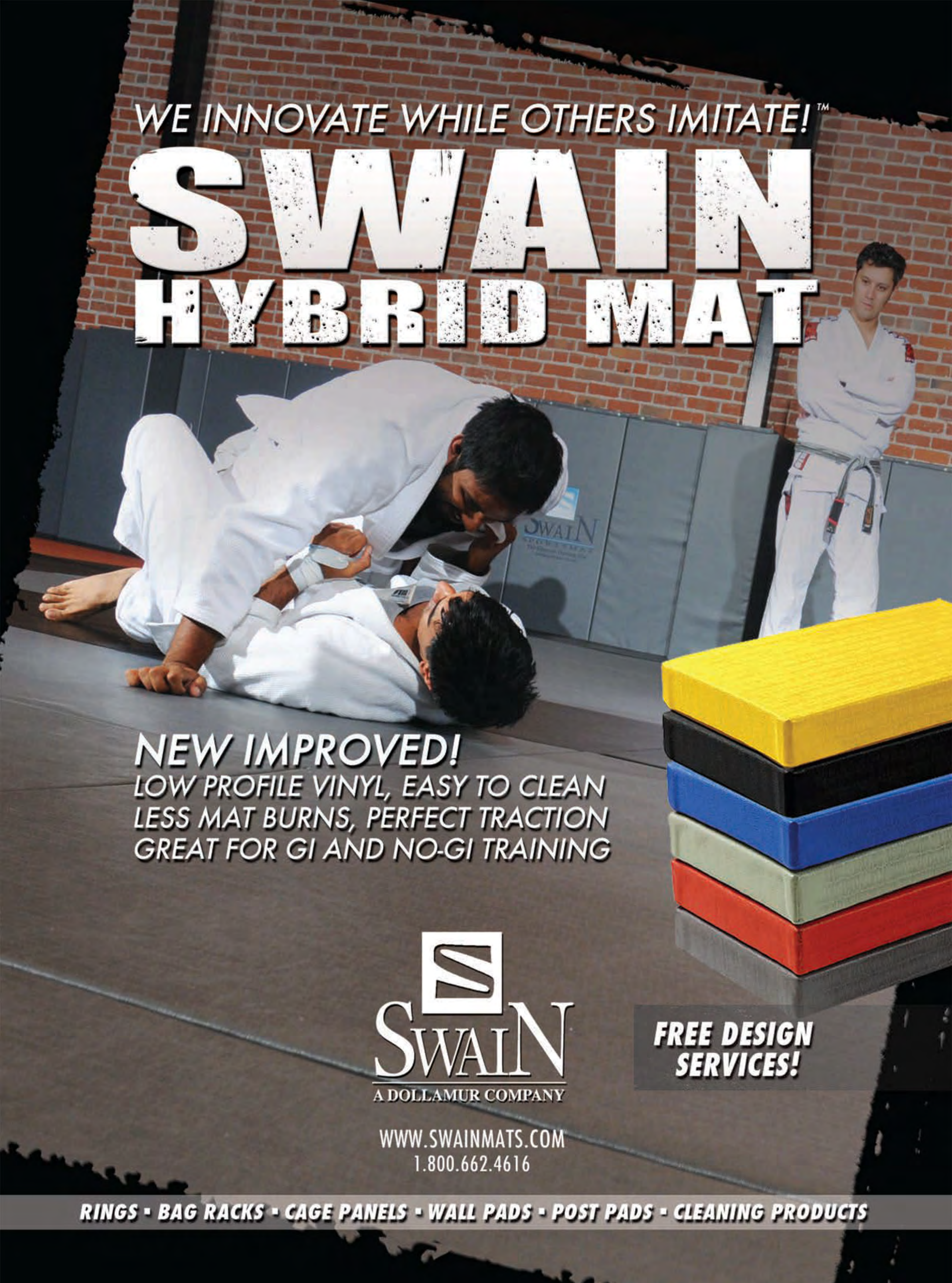

Nutrition Facts
Serving Size 1 Rounded Scoop (39g)
Servings Per Container 23.3
Amount Per Serving
Calories 150
Calories from Fat 20
% Daily Value*
Total Fat 2g 3%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 55mg 18%
Sodium 100mg 4%
Total Carbohydrate 9g 3%
Dietary Fiber 1g 4%
Sugars 3g
Protein 24g 48%
Vitamin A 1% • Vitamin C 0%
Calcium 25% • Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat. Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Total Sugar 25g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
INGREDIENTS: Myofusion Pro Blend (Whey protein concentrate, Bro
protein concentrate, Whey protein isolate, Egg albumin, Milk protein
Partially hydrolyzed whey protein), Glucose polymer, Taurine, L-Glu
Nondairy creamer (Sunflower oil, corn syrup solids, sodium caseinate, mo
diglycerides, dipotassium phosphate, tricalcium phosphate, soy
tocopherols), Dicalcium phosphate, Natural and artificial flavors, Xanthu
Cellulose gum, Carrageenan, Lecithin, Acesulfame potassium, Sucralose,
GanedenBC™ (Bacillus coagulans GBI-30 6086).
ALLERGEN INFORMATION: CONTAINS MILK, EGG AND SOY INGREDIENTS.
NOTICE: DO NOT USE AS A SOLE SOURCE OF NUTRITION FOR WEIGHT
LOSS OR MAINTENANCE. KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.
† AS PART OF A BALANCED DIET AND HEALTHY LIFESTYLE.
‡ AT TIME OF MANUFACTURE.
MYOFUSION
ADVANCED MUSCLE BUILDING PROTEIN
MILK CHOCOLATE

CONCENTRATE VS. ISOLATE

One of the big things in the world of protein supplements right now is isolates. While in the past most protein supplements were made from concentrates, now many companies are coming out with isolates. The main difference is that isolates are a slightly "purer" form of the protein. The main selling points of isolates are: higher quality with greater absorption. Now, here is where it gets a little tricky. I have a somewhat mixed and contradictory view on isolates. Are isolates technically better than concentrates? Yes. Are isolates that much better that you should pay way more for them? Not really. Many companies are jacking the prices up on isolates claiming superiority to "regular concentrates." So, here is the simplest way I can put it. If you gave them a score out of 100, concentrate would be around a 92 while isolate is around a 96 or 97. Better yes, but not overwhelming superiority. My basic advice is this: if you can afford it and/or are following an extremely strict weight cutting diet with a highly advanced strength and conditioning program, then go for the isolate. Otherwise, concentrate should work just fine. *jjm*

WE INNOVATE WHILE OTHERS IMITATE!™

SWAIN HYBRID MAT



NEW IMPROVED!

LOW PROFILE VINYL, EASY TO CLEAN
LESS MAT BURNS, PERFECT TRACTION
GREAT FOR GI AND NO-GI TRAINING

SWAIN
A DOLLAMUR COMPANY

FREE DESIGN SERVICES!

WWW.SWAINMATS.COM
1.800.662.4616

RINGS ▪ BAG RACKS ▪ CAGE PANELS ▪ WALL PADS ▪ POST PADS ▪ CLEANING PRODUCTS

THE FINGERS OF A GRAPPLER

Ethan M. Kreiswirth, Ph.D., ATC

Patrick Flores

AS A JIU-JITSU PRACTITIONER OF ROUGHLY 20 + YEARS, MY HANDS HAVE STEADY BECOME PAINFUL AND LACK THE MOBILITY THEY ONCE HAD. Gripping, extending, and general hand/finger use has become challenging. After reading Keenen's recent social media post regarding how bad his hand mobility has become, it is not uncommon for jiu-jitsu and Judo fighters to develop Herberden's and or Bouchard's nodes. These conditions are osteoarthritic finger joints due to repetitive trauma and everyday wear and tear. The visible nodules are bone spurs that are growing at the end of the small phalangeal bones. Think of a bone and how smooth the ends are. Bone spurs look like rough pimples and create a poor surface to articulate with. Thanks to repetitive gripping, finger sprains, and general trauma, bones spurring can become prevalent and very difficul to reduce. Osteoarthritic symptoms may include stiffness, dull, ac y pain and swelling in your fingers. It's not unlikely that grinding is felt when your fingers move. As time goes on, the fingers themselves may change shape and position. They may take on deformations due to the bone spurs, in addition to a lack of mobility and pain.

Sadly, this is just part of the sport and a risk factor of the game of gripping. As ear trauma may show the number of years a fighter has been involved in jiu-jitsu or wrestling, one should also take notice of the fingers. If you have questions regarding your opponent's life span within the sport, look at his fingers next time. Bone spurs come with time.

When jiu-jitsu or judo fighters ask me, "how can I reduce my finger pain", or get my range back, I first discuss playing a No-Gi game until the pain lessens. This method can help and keeps you in the game without taking time off. It's also important that you continually extend your fingers (opposite of everything you do in jiu-jitsu). Taking some time to stretch your hand/fingers after training can provide some relief as well as help maintain finger flexibility. Since a jiu-jitsu fighters' hand is in constant flexion, doing the opposite is noteworthy. Lastly, finger traction (pulling on your fingers) and forearm/hand/finger massage is needed for long term actively in jiu-jitsu. Do your hands right, and they will repay you in the end! jjm

Kids Atama Mundial #9

Kids Atama Leticia Ribeiro 2.0

ATAMA

MASTER IN KIMONOS

ATAMA KIDS ROLL IN CONFIDENCE

www.atamausa.com

WINNING IS EVERYTHING?

NOWADAYS, WITH THE FOCUS OF JIU-JITSU POINTING TOWARDS COMPETITION, MANY PRACTITIONERS AND INSTRUCTORS ALIKE EMPHASIZE TECHNIQUES AND STRATEGIES FOR WINNING MATCHES RATHER THAN GETTING BETTER OVERALL AS A MARTIAL ARTIST. As I've pointed out before, a competition is an important part of jiu-jitsu that brings lots of benefits. Benefits, such as confidence in your skills, your ability to deal with increased stress and the pre-competition training always forces you to sharpen and tighten your game.

Techniques aimed at winning a match or tournament are necessary to reach the ultimate goal of a gold medal or a place on the podium. This is especially true if your focus is competition jiu-jitsu. I believe that all of us who compete need to understand all the new techniques that are out there, be able to execute some of them and most importantly, be able to foil their execution by a skilled opponent. The latter one, in my view, being the most important. In my experience, it is super difficul to master and execute the wide gamut of new techniques, and especially difficul to incorporate them into your game. So, for the people I teach and for myself as well, I believe it is better to learn to neutralize the opponent's "new" techniques rather than to learn all the new stuff. To do that, you need to know at least what the attacking techniques are. From there, you will sense what bothers you and what makes the position work, so you can figure out how to neutralize it.

Again, if your focus is competition, by all means you need to be up on all or most of what is out there and your objective should always be winning each match, but that is not necessarily what most people want to do. I've had students who love competition and others who, after experiencing it once, decided it wasn't for them. One even went as far as thinking of quitting jiu-jitsu simply because he thought that he HAD to compete to be a part of the academy and the art. To me, that is the furthest thing from the truth.

"Grandmaster Helio Gracie used to say that jiu-jitsu was more for the regular people than for the strong ones"

If you are like most people, your focus should be a complete knowledge of jiu-jitsu competition techniques and self-defense techniques, both standing and on the ground. Grandmaster Helio Gracie used to say that jiu-jitsu was more for the regular people than for the strong ones, and although he wasn't opposed to competition, his idea was that you needed to be able to defend yourself, first and foremost, against a larger opponent.

In conclusion, for most people, "winning isn't everything." Having the knowledge and the ability to survive a confrontation and protect yourself and your loved ones should be the focus. You should concentrate on the basic fundamentals of jiu-jitsu and not put too much emphasis on specific competition techniques.

Now, go train jiu-jitsu!

Kid Peligro *jjm*

DFMA
Coupon Code JJM10
www.dafirmabjj.com

TRAINING AIDS FOR BRAZILIAN JIU-JITSU

Patrick Flores

A JIU-JITSU ATHLETE'S BODY IS LIKE AN AUTOMOBILE. They come in different shapes, sizes, and colors. They serve different purposes. Like cars, jiu-jitsu athletes need maintenance. Fortunately, there are several items that can aid a jiu-jitsu practitioner in helping their bodies prepare for the rigors of jiu-jitsu. These aids help a practitioner prepare for class or assist in increasing overall ability to perform at your best while grappling. Other aids will help in recovery, and alleviate the pain and soreness of an intense jiu-jitsu session.

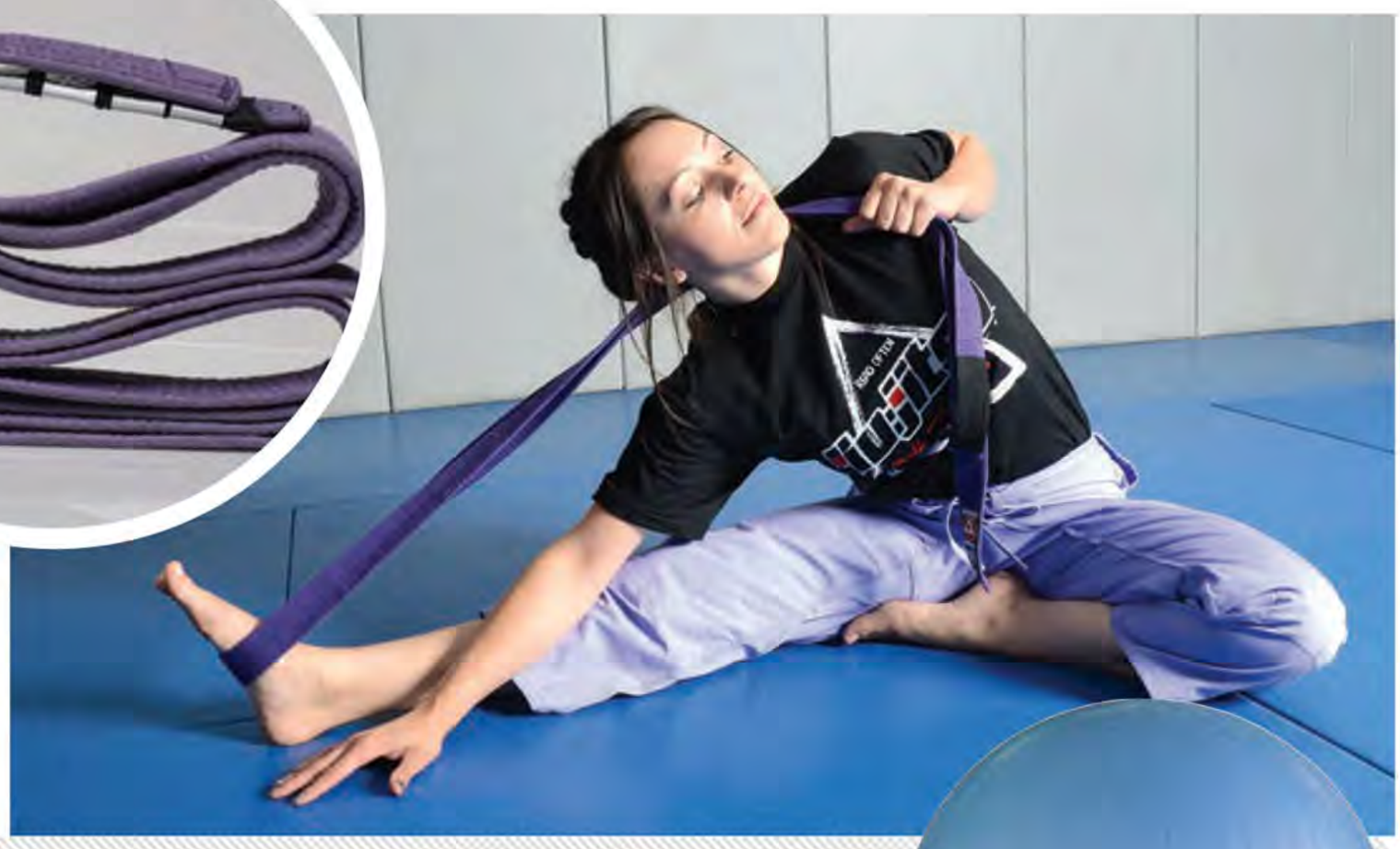
FLEXIBILITY AND MOBILITY

Bruce Lee said to be like water. It is formless, shapeless, and quickly conforms to its environment. Jiu-jitsu students must learn how to adapt themselves to a situation, and move quickly around obstacles. They have to move like water. Stay tight to their opponent and drown them with technique. Techniques are carried out using a combination of strength, agility, and flexibility. Combining all three will allow a practitioner to flow through an opponent like water. One fighter's jiu-jitsu style will vary from another's because of these three factors. A lack of flexibility in general will hinder a practitioner's jiu-jitsu repertoire.

Gaining additional flexibility can be difficult There are tools available to those willing to put in the extra effort to help expand their range of motion.

Your Belt

The $20 piece of cotton that holds your gi together can do more than just tell people how good your jiu-jitsu is supposed to be. It doubles as an excellent tool for static stretching. These exercises are similar to that of stretch ropes or yoga straps you will find at a sports store. They have loops, which are intended for your feet or limbs. Folding your belt in half and creating a loop serves the same purpose. These stretches work great post training to help relax muscles.



Resistance Bands

These bands come in different sizes, but if it looks and feels like an oversized rubber band, chances are it's a resistance band. If you're looking to increase flexibility, look to ballet. Ballet dancers are some of the most flexible individuals you will come across. They often utilize a type of resistance band referred to as a "ballet band." It helps dancers develop a very impressive range of motion that most jiu-jitsu practitioners can only dream of.

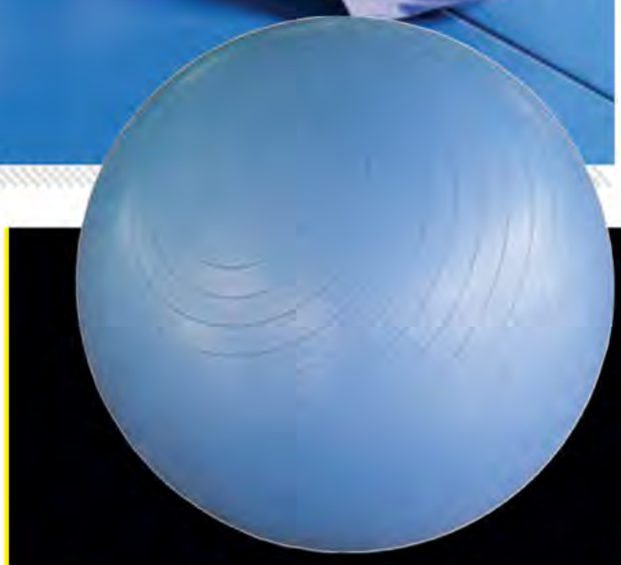
It is important to keep in mind that flexibility and mobility are two different things. Though these bands may aid in your flexibility, mobility plays a bigger roll in improving your jiu-jitsu.

Resistance bands have been incorporated into different workout routines, the most popular being the P90X exercise videos. Athletes outside of jiu-jitsu have been using resistance bands, not only to aid in stretching, but also to develop muscle groups. They've also been known to aid explosive power in athletes. The benefits of these bands can carry over to jiu-jitsu athletes who often perform explosive movements. Gaining additional range of motion and mobility will open up new techniques for you to explore.

Stretching Machine

These can resemble medieval torture devices. You sit in the machine and crank a handle, spreading your legs further and further apart from each other. You will begin to feel the stretch in your groin and inner thigh. Traditionally, these devices have been commonly found at taekwondo and karate dojos. Those martial arts require increased flexibility in the groin area for increased range of motion to perform the kicks they're known for. Think Jean Claude Van Dam. His movies would not have been as impressive if he wasn't able to land a roundhouse kick to a guy's head.

This type of flexibility can come in handy in jiu-jitsu. For example, in an X-Guard situation, your opponent will have a more difficul time sweeping you. You will also have more resistance against submissions, such as the infamous Electric Chair.



Stability Ball

I was first introduced to stability balls in a yoga class. These are great for developing core strength and increasing balance and stability. Both play a roll in overall mobility. There are some exercises and drills with stability balls that will develop your balance and improve your jiu-jitsu top game.

SORENESS, STIFFNESS, AND PAIN

Jiu-jitsu can leave you bruised, battered, and sore. It's a wonder why we keep coming back for more. Bruises and sore muscles, however, have never stopped a dedicated practitioner from coming to class. In order keep those berimbolo's flowing, you need to take care of your body. Fortunately, people have developed tools to help aid those pains in order to recover. They loosen muscles and massage out stiffness that can result from training in jiu-jitsu.

Myofascial pain is a common disorder among jiu-jitsu practitioners. They are identified as "irritable spots around the body" and often referred to as "trigger points." These patches of muscle are harder in consistency and limit range of motion [sometimes referred to as knots]. They're often a result of a sports injury, muscle overuse, or sometimes even poor posture.

Some tools to alleviate these issues are simple items that can be purchased for less than $30.

Foam Roller

Chances are you have seen one of these around, either at your own academy, the gym, at competitions, or at a physical therapist's office. They're essentially tubes designed to for self-myofascial release. They work out those knots causing myofascial pain by using pressure similar to that of a massage.

Rollers work great before or after a jiu-jitsu workout, and are particularly great for your back. They come in different lengths and stiffness. The surface exterior of each roller varies depending on the type. Some are smooth while others have ridges designed to focus pressure to certain areas. Rumble Rollers, for example, have soft ridges to simulate the way a masseuse uses fingers to create pinpoint pressure.

Be careful when using a foam roller for the first time and get some instruction on proper technique. Using a roller for the first time can seem awkward and even painful. Try out a softer roller and don't rush it.

Lacrosse Ball

Lacrosse balls work great to get the knots out in your back. You don't necessary need to have a lacrosse ball, however they seem to offer the optimum stiffness when performing the techniques. If a lacrosse ball seems painful or too stiff, try a tennis ball. If a foam roller is a machine gun, the lacrosse ball will be the sniper rifle. It can be used to target specific areas that need more attention.

Lacrosse balls work great to massage the bottom of your foot. Simply step on the ball and roll it around the floor, being sure to move it around slowly as you apply pressure.

HERE'S A TIP:

Get a tube sock and place the lacrosse ball inside. Find a wall you can lean back on. Hold the opposite end of the sock and place the ball between your back and the wall. The sock will help keep the ball in place while you massage your back against a wall.

Training in Brazilian jiu-jitsu is incredibly enjoyable. As much as we train our bodies and are mentally willing to take on the challenges of jiu-jitsu, our bodies need time to heal. Proper body maintenance, before and after training, will allow you to get the most mileage out of your body. *jjm*

HOW TO CORRECT WHITE BELT MISTAKES

Travis Guesnon

WHITE BELTS TYPICALLY GET THE WORST RAP FOR ALL THE QUIRKY THINGS THEY ATTEMPT TO DO ON THE MATS. While those same quirky things lead to a lot of mistakes, they can easily be remedied by making minor changes to their games. This list could be much longer, but we decided to keep it at five points, otherwise you could be reading the, "Mistakes White Belts Make Magazine." Now, if you're a white belt, don't get your feelings hurt. Higher belts make these same mistakes as well from time to time, so these are all useful tips that can help anyone regardless of rank.

1. HUNTING FOR SUBMISSIONS BEFORE POSITION

In most jiu-jitsu schools, white belts are often taught techniques before having a firm understanding of movement and positioning. So it's not uncommon to see a lapel or head and arm choke attempt from inside the guard. Getting armbarred or constantly swept without the knowledge of what is happening can be downright frustrating. With this in mind, you want to remember that submission before position rarely works out for the better. Instead, get to a position where you can control your opponent before attempting a submission. Even then, there's no guarantee that you will be able to tap your opponent out because of great defense. However, in case it doesn't work out, chances are you can regroup to a position that is still favorable.

It's better to get the back before going for the finish.

Exceptions To The Rule?

Of course, there are some exceptions, but these are rare at lower belts or normally done by someone with a lot more experience, like Garry Tonon, for example. Until you're at a more advanced level, remember, position-control-finish.

2. KEEP YOUR ARMS TO YOURSELF

You've probably heard this statement as early as kindergarten, and should practice it in jiu-jitsu. There aren't too many times that you want your arms away from your body. When attempting to pass a guard there's a chance you could be caught in an armbar, triangle, or omoplata if you're overreaching. If you're stuck in side-control, mounted, or have someone on your back, and your arms are extended, it could be a short sparring session for you. Keeping your elbows close to your body, as much as possible, helps to prevent any locks where your arm can be clamped onto by your opponent, as well as being imbalanced for a sweep. Even if you are the one initiating the offensive attack, you leave yourself open for a counter of some sort. So, don't give anyone that opening they're hoping for and keep your elbows tight to your body.

When the arms are away they're in play.

Control Positions

MOUNT

BACK CONTROL

SIDE CONTROL

NORTH-SOUTH

KNEE ON BELLY

MANIPULATION WITH THE USE OF YOUR GUARD

3. MOVE THOSE HIPS

Nowadays, there are so many versions of the guard it seems as if there are at least two or three new types debuting every year. The best guard players have a few things in common: they utilize a lot of hip movement and use it so they never stay flat on their backs, or at least not for too long. Even with a great closed guard game, you've got to be able to move your hips. Using your hips significantly changes the complexity of your guard by allowing you to create angles, get onto your side, or posture up. This mobility is needed to combat the attempts of an individual who is trying to pass because he now has more mobility and free area to work with. When you're flat on your back there is an increased amount of friction between it and the mat, as compared to your hips. This friction slows down movement dramatically making your guard less dynamic. Not being able to move effici tly in jiu-jitsu is a sure fire way for your opponent to get the better of you.

Show Us Your Moves

A lot of schools perform shrimping [aka snake moving] during warm-ups. Have you ever noticed that you never lie flat on your back while performing this exercise? Try dragging yourself with the heels of your feet, while on your back and you'll see very quickly how limited your movement is.

4. DON'T FOCUS ON JUST ONE MOVE

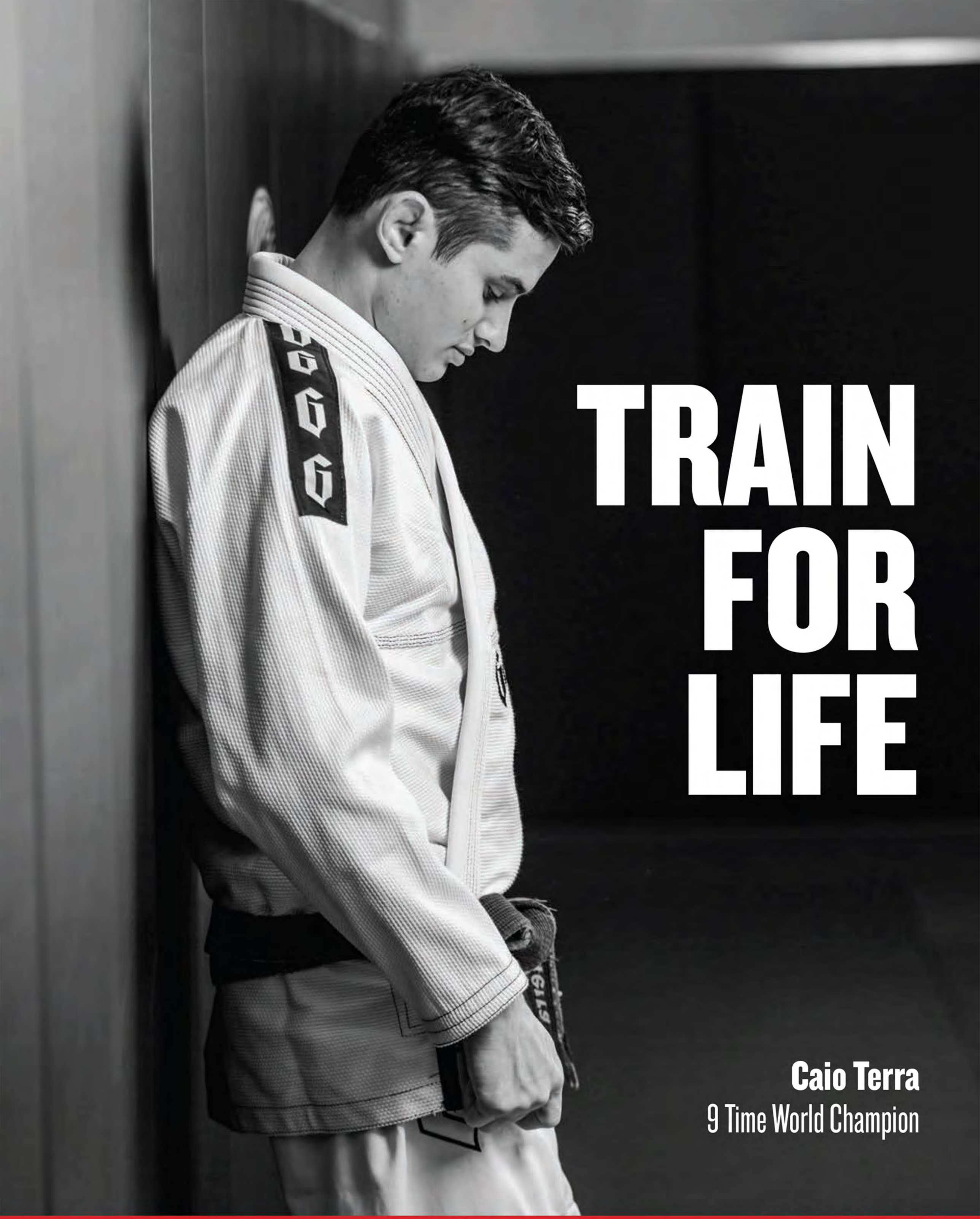
Now that you're beyond being taken advantage of and fully grasp the concept of position before submission, you will start progressing until you stop yourself. How can you stop your own progress you ask? Well, let's say you have a go-to move that works well on everybody - that is until it doesn't. However, you still doggedly pursue this move regardless of all factors during the roll, and in the end, you still don't get it. Since you are so focused on that one and only move, either your entire game shuts down or you wind up on the bad end of things. Instead of being so focused on executing that one move, try other options. Chances are you will find new openings that you hadn't previously seen.

In case case like this one Penny has both a triangle or an armbar.

5. DON'T BEAT YOURSELF UP

I put this last because all too often white belts beat themselves up more than their opposition does. Frustration from a multitude of factors is bound to happen. Making the previously mentioned mistakes, as well as others, where you are either forced to tap, get swept, or are not able to escape, are just a few things that come to mind. Feeling beaten down can make you question yourself as to whether or not you are any good at jiu-jitsu or if you should continue to train. My advice: don't take it to heart because everyone has to start somewhere and we all progress at different rates. Keenan Cornelius was an unheard of purple belt until he changed his focus and mentality based on his progress and previous mistakes. He sought out better ways of learning, became a force to be reckoned with at the purple and brown ranks, and is now one of the best jiu-jitsu competitors in the world. While you may make mistakes, learn from them and look to improve yourself in some way, shape, or form each day. Ask for help and be okay with constructive criticism. You're your own problem and solution. *jjm*

"You either win or you learn." **-Rickson Gracie**



Gameness

www.facebook.com/GamenessFightwear
@GamenessFightCo
www.gameness.com

UTILIZE COMPETITION FOOTAGE

HOW TO USE TECHNOLOGY TO BETTER YOUR JIU-JITSU

Emil Fischer

BACK IN THE BEGINNING OF THE POPULARIZATION OF JIU-JITSU, MOST OF THE FOOTAGE SHOT WAS OF POOR QUALITY. Many formative matches are described in eyewitness testimony rather than being viewable. Today we have technology that allows us to record our day to day lives with relative ease, and many jiu-jitsu practitioners use this technology to enhance their personal jiu-jitsu experiences.

AVAILABLE TECHNOLOGY

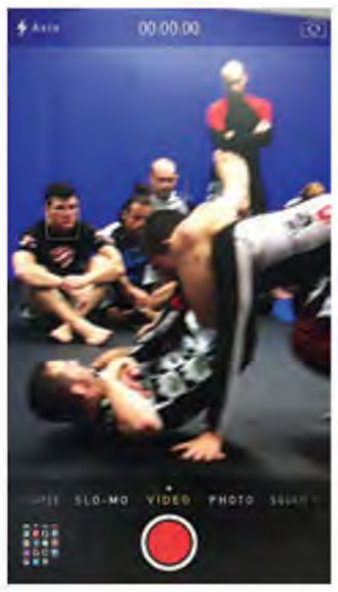
At first glance, all that has really changed from 20+ years ago is the quality of video available and the availability of recording apparatuses. While these are factors in the newly available technology, there is so much more.

- **THE INTERNET:** The Internet makes sharing of existing video easy, as well as the finding of said video. If I wanted to find video of a big name athlete 20 years ago, I'd have had a much harder time than today.

▶ SOCIAL MEDIA: The Internet is helpful, and is made far more useful with the various social media outlets that are available. Setting up athlete profiles and sharing videos to those profiles has become very easy.

▶ RECORDING DEVICES: Be it wearing a Go Pro while rolling, using a consumer grade drone to record matches from above, or the fact that most people have an HD quality video camera on them at all times, we've come a long way, and we are well served to use these devices.

▶ APPLICATIONS/ PROGRAMS: There are free apps available that allow athletes to slow down, highlight, and even draw lines in video. These make using videos much easier and more productive.



As the technology available to us is improved, video quality and versatility also gets better. 3D technology is becoming more mainstream, so that's another great device in match recording. Also, in some sports, scoring contention can be done using video, though at this point the ref's decision is generally law. Moving forward, we may see video used in scoring disputes.

MARKETING MATERIAL

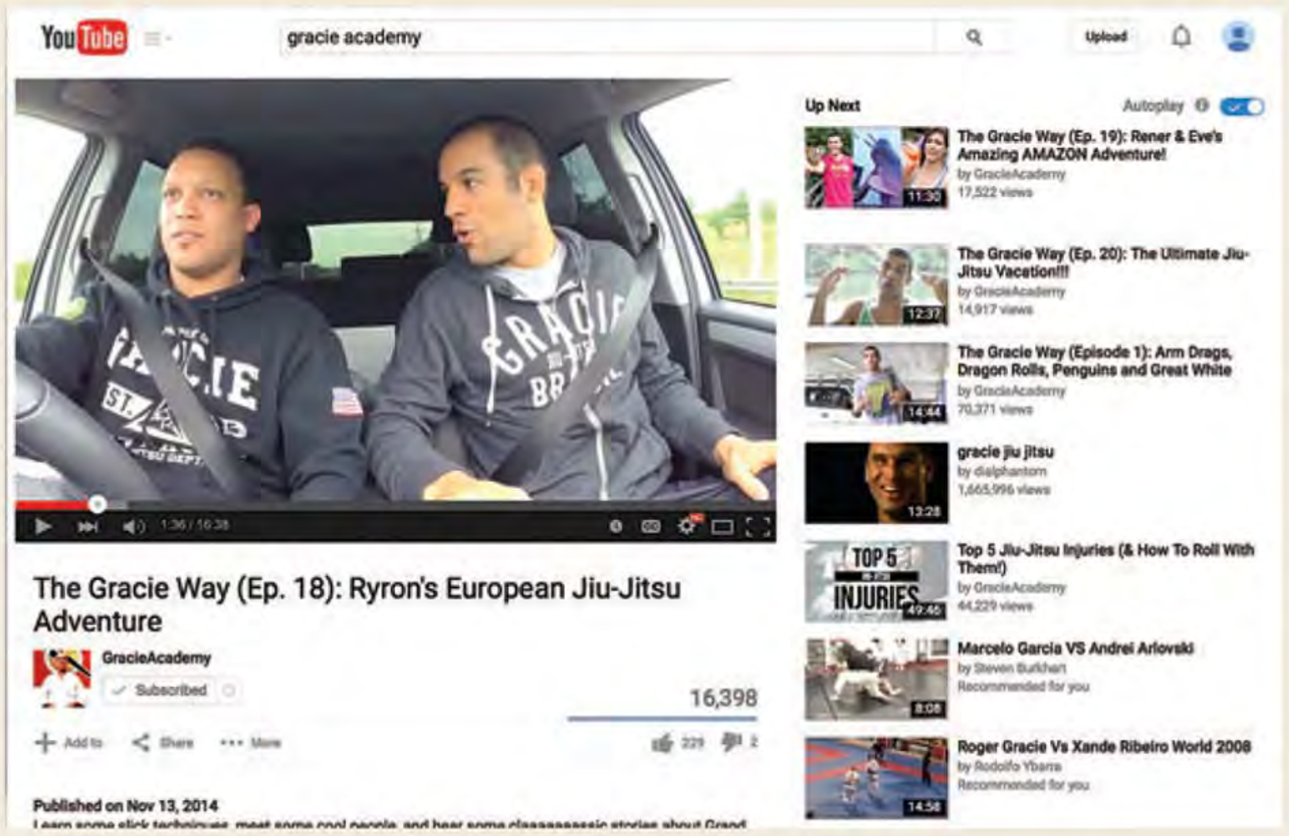
As we progress in our jiu-jitsu careers, there comes a time when we may want to market ourselves. When our matches actually become entertaining and educational to watch; those matches are powerful marketing material.

One example of how match videos can be used in marketing is if there is a specific brand that you want to approach for sponsorship. Every victory that you can accrue in that brand's gear makes you that much more attractive to them, and if you are able to win your matches in spectacular fashion, either by submitting or otherwise dominating your opponent, you inherently further demonstrate your value. A common question asked by any brand looking to sponsor athletes is, "What can you give our BRAND?" Match footage can definitely be a motivating factor.

Another example of how match videos can be used as marketing material is for the glory of an academy. Many academies use favorable match videos as marketing material, because as the old adage goes, if you want to be the best, you have to train with the best. What better way to show you're training with the best than to have video evidence of it?

Also, if you are an upper belt and you are fortunate enough to have a match against a high level competitor and you win or put on a good show, that demonstrates your value.

Match videos make for great marketing material either for the individual or for the academy, and for this reason one should always try to secure footage of your matches, as you never know what they could be worth to you in the long run.



The Gracie Breakdown is one of the most watched video types on YouTube and is a great promotion for the Gracie Academy.

This match between Buchecha and Rodolfo has been viewed almost 1.4 million times.

STUDY

There are many reasons to want video of matches or even your sparing sessions. Perhaps the biggest motivation to attain match footage is self-analysis.

Many people can watch another practitioner and easily see their mistakes, even though the watcher may make the same mistakes. For this reason, if you are fortunate enough to have your own match footage, it can be helpful to watch your matches in slow motion and to write lists of mistakes. These lists can include both direct errors you made during the match as well as judgment calls you made in the moment that may have been ill advised in the long run (for example, choosing to hold onto a submission rather than transitioning to something safer.)

Once you have a decent list of your own mistakes in your head, get a training partner to play the scenario of the match out with you. Repeat your own mistakes to gain a fuller understanding of what went wrong. Then once you understand how and why you failed, go through the exercise again and try to undo each mistake. For example, if you're playing half guard during the match and reaching for a specific grip is your first mistake, changing your leg grip is your second mistake, and finally giving up a limb is your ultimate error, redo the match with your training partner, first avoiding the bad grip, then accepting it, but not making the same mistake with the leg grip and finally avoiding the mistake that costs you the match. Figure out which mistake was most catastrophic, and work on that.

The ability to see your mistakes from an objective third party perspective will ultimately allow you to get rid of the weaknesses that caused those mistakes

On the flip side, if you win a match, you should try to analyze why and how you won. Was your opponent unprepared or were you simply

Something as simple as having one of your teammates record your training, or setting up a tri-pod can give you a great resource to learn from.

Going through old video from past matches can help you identify techniques you might have had success with in the past, but maybe don't use now. This might open doors in your game that you might have forgotten you closed.

RING TO CAGE
COMPLETE JIU-JITSU LINE
NEW KIDS LINE! • COMPLETE BJJ GEAR LINE!
GRAPPLING JIU-JITSU DUMMIES
KIDS BJJ KIMONO/GI
BUILT-IN RASH GUARD GI JACKET
KIDS BJJ BELT RANKING SYSTEM
HYBRID FLEX PANEL GI PANTS
GRAPPLING SHORTS
GRAPPLING SOCKS
GRAPPLING SLIDE-ON KNEEPADS
ELITE FIGHT SHORTS
ULTIMA BJJ KIMONO/GI
DELUX EAR GUARD
GI PANT STRETCHY DRAWSTRING
RETAIL ONLY
FREE SHIPPING OVER $99
10% OFF WITH COUPON CODE: OFF10JJ
TOLL FREE: 1 (866) 666-0074
EMAIL: INFO@RINGTOCAGE.COM
WWW.RINGTOCAGE.COM

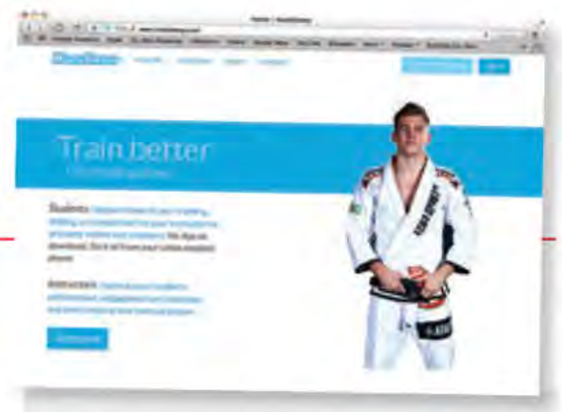
better? Did you rely on too much athleticism? If your opponent was bigger/stronger/faster would he have been able to stop you? At what moment did it go from a neutral or losing match for you to one that you were winning? Very often in the heat of battle, we may miss how our jiu-jitsu serves us. I've watched some of my own matches in which I behaved uncharacteristically, and have found new avenues to work on to better my game and make me more well rounded.

AS A COACHING TOOL

There is a lot to be said about getting a second perspective on your own work. For starters, if you have someone with refereeing experience they may be able to provide insight about why you didn't get a point or an advantage. This is important as it allows a competitor to gain a better insight into the scoring system to allow them to better play the competition "game."

Moreover, many coaches will gladly review competition footage and give their insight. Often even after reviewing a video we think we made a smart move but upon reviewing with a coach it becomes apparent that there is a better move we could have made. Having a more knowledgeable practitioner review the tape with us can be a great addition to the review process.

There are also many renowned black belts who (for a price) will review your competition footage. Though a big name athlete's insights may be the exact same as your own coach, getting direct feedback from them can be really valuable and a bit reassuring given that it will confirm and bolster what you've already been told. Also they may in fact have some insight that your coach may simply not have in their repertoire.



A new venture out there is Hooksweep.com. You can upload a few minutes of video footage and have it broken down by the likes of Keenan Cornelius and other top black belts.

Any victory OR defeat is a learning opportunity. Match videos are ideal tools with which you can capitalize on that opportunity.

CUT! There are many reasons to record your jiu-jitsu matches, and with technology constantly evolving doing so is becoming easier by the day. You can use technology that is available to benefit in many ways from your matches. From self-analysis to self-promotion to simple self-enjoyment and satisfaction, match footage is something we can and should all collect. *jjm*

we kick butt. you kick butt. we are made for each other.
50 Loads
ROCK IN GREEN
ATHLETIC WEAR DETERGENT
dye free -no fillers -100% phosphate free -easy rinsing formula -recyclable packaging -great for high tech fabric -cleans and deodorizes - economical -vegan -great for all sports equipment -excellent in hard water -SLS free -gluten free -no parabens -safe for all colors -no buildup formula -biodegradable -naturally scented -awesome

use code ***SAMPLE*** for a FREE sample

dude, do you smell that?

you don't ever want to be that guy. the one that walks into the gym and everyone runs in the opposite direction. if you are using another detergent, chances are that buildup is causing you to stink. take control of your workouts by choosing the only natural detergent designed especially for martial arts gear. your rolling partner will thank you.

- eco-friendly
- tea tree oil scented
- cleans and deodorizes
- great for high tech fabrics
- prolongs the life of your Gi
- easy rinsing formula
- awesome

want to know more?
check us out @ #rockingreensoap

www.rockingreensoap.com

Attn Gym Owners: Contact us to find out about our awesome consignment program

GRACIE JIU-JITSU
SOUTH BAY - SAN DIEGO - CA
COMPETITION TEAM
ATAMA
ACAI FROOTY

KNEE SLICE AND DICE WITH LETICIA RIBEIRO

Patrick Flores

Mike Velez & Patrick Flores

NEW GUARDS APPEAR IN JIU-JITSU AS THE SPORT CONTINUES TO DEVELOP, BUT CLASSIC TECHNIQUES STILL HOLD THEIR OWN. The knee slice is a popular pass used by competitors past and present. It's an effective way to pass guard and score three points. As with any technique in jiu-jitsu, counters exist.

IBJJF Hall of Famer Leticia Ribeiro demonstrates the pass along with variations, so practitioners can adjust the technique to the situation. Her technical style has brought her to the podium numerous times. She continues to coach young athletes and mentor many young women within the jiu-jitsu community.

Raw Data

Powered by BJJ Heroes.com

Full Name: Leticia Ribeiro dos Santos

Lineage: Mitsuyo Maeda ➤ Carlos Gracie ➤ Helio Gracie ➤ Royler Gracie ➤ Vini Aieta ➤ Leticia Ribeiro

Main Achievements:

- *World Champion [2012, 2011, 2010, 2009, 2006, 2002, 2000]*
- *World Nogi Champion [2010, 2008]*
- *Pan American Champion [2004, 2003]*

Favorite Position/ Technique: Armbar

LIKE MANY OF US, LETICIA GOT STARTED OUT IN JIU-JITSU WHEN HER FRIEND INVITED TO TRY A CLASS. After that first class, she was hooked. She would eventually become a 9-time gi and no-gi jiu-jitsu world champion, and witness first hand jiu-jitsu grow to what it is today. At the time Leticia started competing there was only two divisions; over 60 and under 60. There was no separation for different belt levels. Though a women's division did exist, male competitors dominated the sport. In order to stay at the forefront of jiu-jitsu Leticia moved to the United States when the World Championships were moved from Brazil to California. She is a highly respected figure in jiu-jitsu, and a role model in women's jiu-jitsu.

As an IBJJF Hall of Famer Leticia's road to prominence was her world-class jiu-jitsu. She's made the switch from competitor to coach and now works with many competitors to help refine their jiu-jitsu. Competitors such as Bia Mesquita, the most latest black belt

world champ [lightweight division] are coached by Leticia. She's become a mentor to many female competitors coming up in the sport. When asked about possibly returning to competition she mentioned feeling good and that she trains with high-level competitors so it's not out of the picture. Leticia pointed out that she is not done with competition, however her focus is now on coaching.

Given her jiu-jitsu pedigree and place in the jiu-jitsu community, Leticia advocates heavily for women's equality in jiu-jitsu. In a world where men's salaries are traditionally higher than women's, the world of jiu-jitsu is no different. Leticia states that the disparity between men and women's pay for some competitions is huge. She urges female competitors to not undervalue their own self worth. With the rise of popularity in women's jiu-jitsu, Leticia brings up an important topic of discussion, one that can be explored in greater detail for another time. Leticia is a role model not just for women in jiu-jitsu, but also for all women athletes.

Leticia can be found most days at her Southern California academy, Gracie Humaita Academy Southbay. She still continues to train and coach those willing to heed her knowledge.

THE KNEE SLICE PASS TO ARMBAR

Commonly used by competitors today, this pass involves pinning your opponent's leg as you slide into a side control position. The challenge is keeping top pressure on your opponent as you transition into a more favorable position.

01 Grip your opponent's inside pant leg as you place your shin over her inner thigh, pinning it to the ground. With your free hand, grab you opponent's same side lapel.

02 Move the hand grabbing your opponent's knee to sleeve control of the near arm.

03 With sleeve control, tuck your opponent's arm back by pointing your elbow behind you. At the same time, begin to drive your hip forward and knee to the ground.

04 Slide your hip to the ground while maintaining both the lapel and sleeve grip centering your weight onto your opponent's sternum.

05 Place both of your knees on the ground remaining tight to your opponent in order to establish side control.

06 Transition your hands into a Kimura-grip while retaining head control. This is also known as gift-wrapping an opponent.

07 Establish knee on belly and plant your foot on the ground. In competition this will earn you three points.

TIP: You will not receive three points if you do not plant your far foot when establishing knee on belly, so plant this foot!

08 Move your planted foot over your opponent's face and lean back, pulling your opponent's arm as you secure an armbar submission.

VARIATIONS – THOU SHALL NOT PASS!

NOT EVERYTHING GOES AS PLANNED AND MOST OPPONENTS WILL NOT LET YOU PASS THEIR GUARD WITHOUT A FIGHT. These variations performed by Leticia will demonstrate ways around your opponent's counter attacks.

» OPPONENT'S KNEE WONT GO FLAT

Opponents can be stronger or positioned in a way making it difficul for you to push a leg down for a knee slice pass. Don't muscle your way through it; modify the technique to accommodate the situation.

01 Begin by breaking the connection your opponent has to your inside leg by using a "Horse Kick."

02 Shoot your leg back followed immediately by pushing your opponent's leg to your side.

03 Immediately transition to knee on belly control while basing out with your opposite leg.

COMPETITION BJJ KIMONOS

Now available at

FUJI SPORTS

KASSEN

SUPARAITO

SEKAI

NIPPON

- Wholesale Accounts Welcome
- Low Minimums
- Call 800.757.7686 to set up an account for your dojo today!

800.757.7686

Available at your FUJI Distributor or

www.FUJISPORTS.com

FUJI

OPPONENT USES A DLR GUARD AND GRABS YOUR ANKLE

The De La Riva (DLR) guard is popular with people as it can be used to slow or stop a top player's movements allowing the bottom player to sweep. This guard makes it difficult for the top player to maintain balance while they pass.

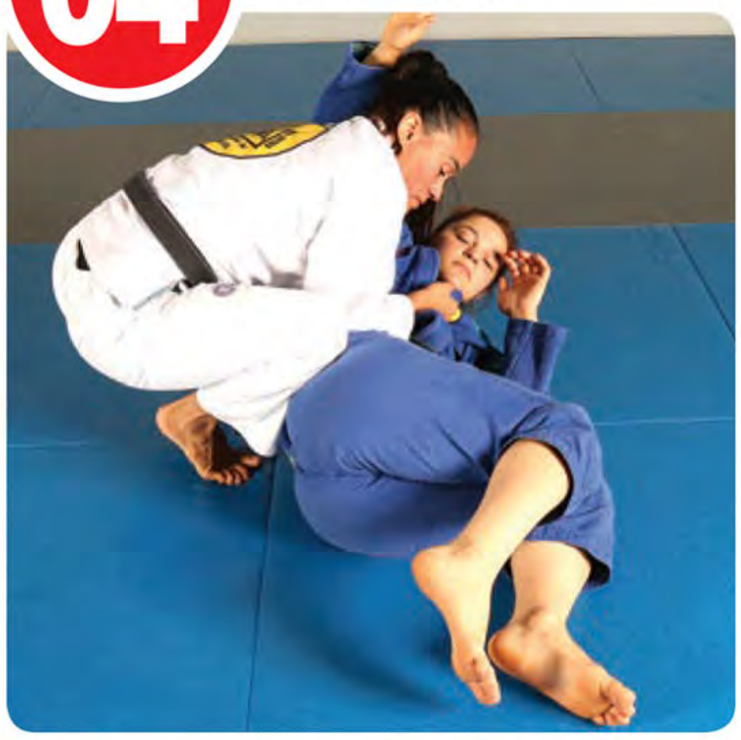
01 Take a small step back and move to your opponent's opposite side. Stretch your leg back to free the hook.

TIP:
When you get to the opposite side, sprawl on your opponent's legs while maintaining connection with your elbow, shoulder, and head.

02 Use your knee to push your opponent's leg up.

03 Replace your knee with the opposite leg, hooking to block your opponent from recovering guard. Work to get an under hook on your opponent's loose hand.

04 While maintaining connection, transition into side control.



OPPONENT BLOCKS YOUR HIP WITH THEIR KNEE

Often referred to as a knee shield, this is a common way an opponent will defend the oncoming knee slice. Make this adjustment to your pass when she defends.

01

Take the hand controlling your opponent's leg and move it to a same side lapel grip.

02

Now take your opposite hand and grip your opponent's bottom leg while going under the blocking leg.

TIP:
Keep the pressure on your opponent by placing your head on their chest.

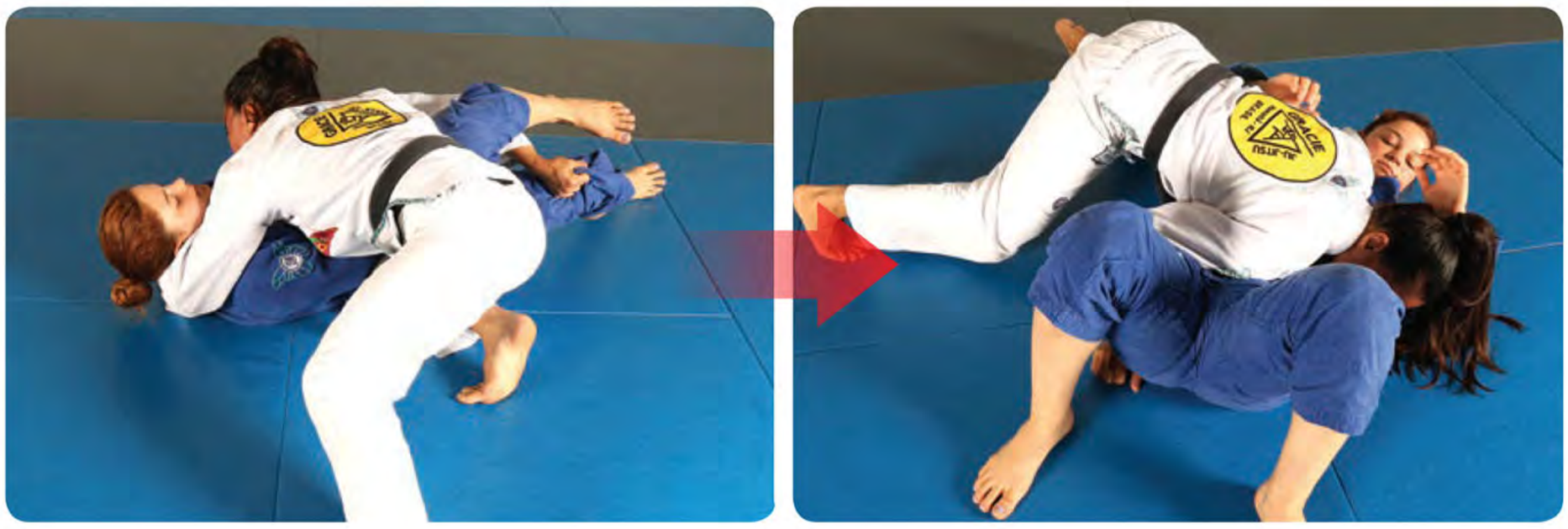
MODERNFLOWBRAND.COM

03

Slide your knee out while keeping the pressure on top of your opponent.

04

Flatten your opponent to the mat using your weight to gain side control.



SENSŌ JIU JITSU
SUM FRANCISCO BAY AREA
CALIFORNIA ★ USA
IGNIS AURUM PROBAT MISERIA FORTES HOMINES

PERFORMANCE ORIENTED
DYNAMO
BJJ Powerhouse
senso
OUR DYNAMO GI IS ALSO AVAILABLE ON:
ROLLMORE
www.ROLLMORE.com
FULL LINE OF GIS, GEAR & APPAREL
senso
JIU JITSU
SENSOBJJ.COM

» OPPONENT POINTS HER KNEE TO THE CEILING LOCKING IT TO YOUR CHEST

Once again, your opponent uses her knee to create distance and blocks you from getting those much-desired three points.

01 Move your hand out and under your opponent's leg.

TIP:
Be sure to extend your arm back without removing or shifting your weight. Do this by only extending your arm at the elbow joint and not moving your shoulder.

02

Grab your opponent's belt or lapel

03

Sprawl on your opponent's trapped leg and establish hook control.

04

Pass your leg over and transition into side control.

» OPPONENT ESTABLISHES AN UNDERHOOK

Don't worry; it's not the end of the world. You can still remain dominant by controlling your opponent's legs.

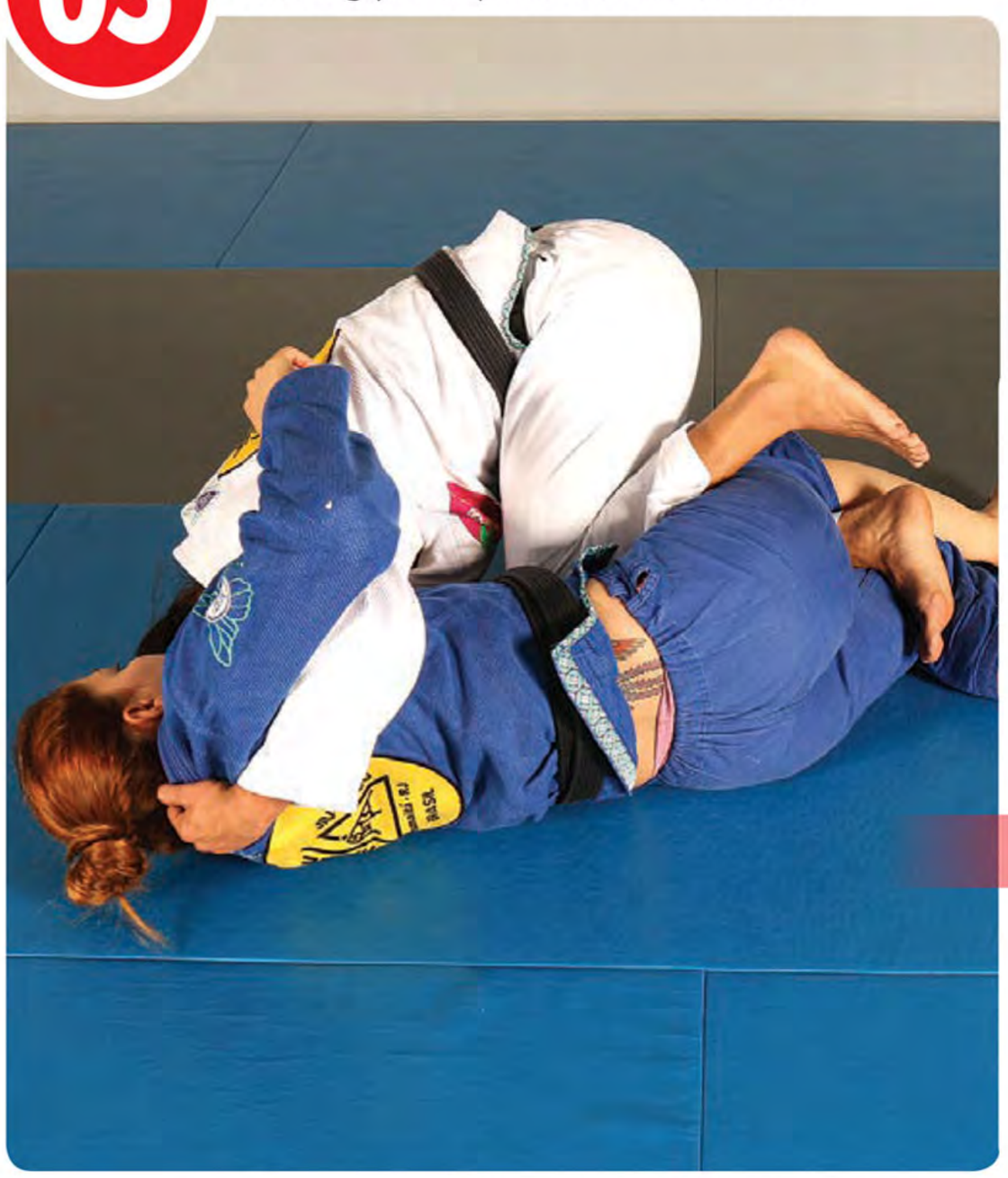
01 If you can flatten your opponent out, do so immediately. Establish your base and place both hands on the mat.

02 Back step over, but do not sit on the mat. The goal is to shift your opponent's hips to the other side.

03 Throw the same leg back over your opponent while basing out with your other knee.

04 Under hook your opponent and drive your weight down onto her.

05 Your free leg will come over the side right in front of your opponent's leg allowing you to pass into side control.



REVERSE

» BOW AND ARROW CHOKE - FINISH THE FIGHT

The bow and arrow choke can be done from side control or from the back position. The movement for the choke resembles that of an archer drawing their bow back before releasing an arrow, thus the name.

01

Transition your hand onto your opponent's collar like a cross collar choke.

WATCH VIDEO

02

Grab your opponent's pants with the non-choking hand.

03

Go to knee on belly control lifting your opponent's head off the ground.

04

Throw your other leg over your opponent's shoulder, blocking her hand from defending.

05

Lean back and apply the pressure for the bow and arrow choke. jjm

KNOW YOUR LIMITATIONS,
THEN DEFY THEM

DOLLAMUR

SPORT SURFACES

Professional look & reliable safety that lasts!

Arena MMA & Fitness Center, Jeddah, Saudi Arabia
World's Largest Mixed Martial Arts Facility

Dollamur.com

ANDRÉ GALVÃO

EXPLORING CLOSED GUARD

Mike Velez

Patrick Flores

WHEN I FIRST STARTED PAYING ATTENTION TO THE COMPETITIVE RANKS OF JIU-JITSU, THERE WAS ONE GUY WHOSE NAME I WOULD HEAR THROWN AROUND WITH SOME PRETTY HIGH PRAISE ATTACHED. I couldn't quite pronounce his last name, so I would just refer to him as "that guy, Andre' something." My first impression of him was based on some highlight reel videos posted on YouTube of a guy that looked to be break dancing on someone's back while they were turtled up. As I began to pay more attention to the competitive world of jiu-jitsu, I learned more about "that guy, André" and discovered he was arguably one of the best, if not the best, jiu-jitsu competitors in the world. At the time I launched Jiu-Jitsu Magazine, André Galvão was returning to jiu-jitsu competition after a hiatus to attempt a career in MMA. At the same time, he had just opened a very small school in San Diego, called Atos Jiu-Jitsu. His return to jiu-jitsu was a successful one; the first event I ever covered for the magazine was the 2011 Pan-Ams, and André won his weight class, with a Jiu-Jitsu Magazine patch on his gi. Being a newbie to the competitive scene I thought that was pretty cool. Not long after that event I interviewed André for the first time and was thoroughly impressed. Not only with his jiu-jitsu, which seemed a few levels above anything I had ever witnessed, but with his jovial demeanor, approachability, and commitment to his students. Even though he had just opened his academy, I knew that he'd be needing a bigger place sooner rather than later.

Fast forward to today. I've gotten to know André on a much more personal level than that first meeting. My impression hasn't changed. He's still a great guy, but what has grown is my appreciation for his jiu-jitsu. Looking back at those first articles we did with him, I didn't appreciate his attention for detail and what a huge impact those small details have on the success or failure of the technique. Maybe failure isn't the right word. If André shows you how to do something, and maybe you omit one of his details, you're probably still going to get the move or finish. However, if you paid close attention and used all of his tips and details it can make all the difference in the world. The light bulb above your head will glow brightly. André's jiu-jitsu isn't "fancy" nor is it "workman-like." André makes things look easy, thanks to countless hours of hard work on the mats with repetition and experimentation. With that said, André's jiu-jitsu is pure. It doesn't rely on great strength or agility, two qualities he has in great supply, but is fundamentally sound with all the little details that make it something very special.

For this trip to Atos we had André show us the finer points of a position that might seem like day one, white belt stuff. As you'll soon see, André can make the most foundational of jiu-jitsu movements seem intricate and simple at the same time. André showed us some techniques originating from closed guard in the gi that I think you'll really enjoy, no matter what color your belt is. In honor of his up coming super fight against Roberto "Cyborg" Abreu at this year's ADCC Championship, he shows us a couple of leg locks without the gi on that I think you'll really enjoy.

Raw Data

Powered by BJJ Heroes.com

Full Name: André Luiz Leite Galvão

Lineage: Mitsuyo Maeda ➤ Carlos Gracie ➤ Reyson Gracie ➤ Osvaldo Alves ➤ Luis Dagmar ➤ André Galvão

Main Achievements:

- ➤ *World Champion – black belt [2008 & 2005]*
- ➤ *ADCC Champion [2011 weight & absolute, 2013 super fight]*
- ➤ *Pan American Champion [2005, 2008 weight/absolute, 2006, 2011, 2013, 2014 weight/absolute]*
- ➤ *World Pro Cup Champion [2012, 2013, 2014 UAEJJ]*
- ➤ *World Cup Champion – black belt [2006]*
- ➤ *European Champion [2015 weight/absolute]*
- ➤ *World CBJJE Champion – black belt [2008]*
- ➤ *World Champion [2002 blue, 2003 weight/absolute purple, 2004 weight/absolute brown]*
- ➤ *World Cup Champion – purple belt [2003 weight & absolute]*
- ➤ *World Cup Champion – brown belt [2004 brown weight & absolute]*

Favorite Technique: Guard Passing

Weight Division: Meio Pesado [88kg/194lbs]

LOTUS FLOWER SWEEP

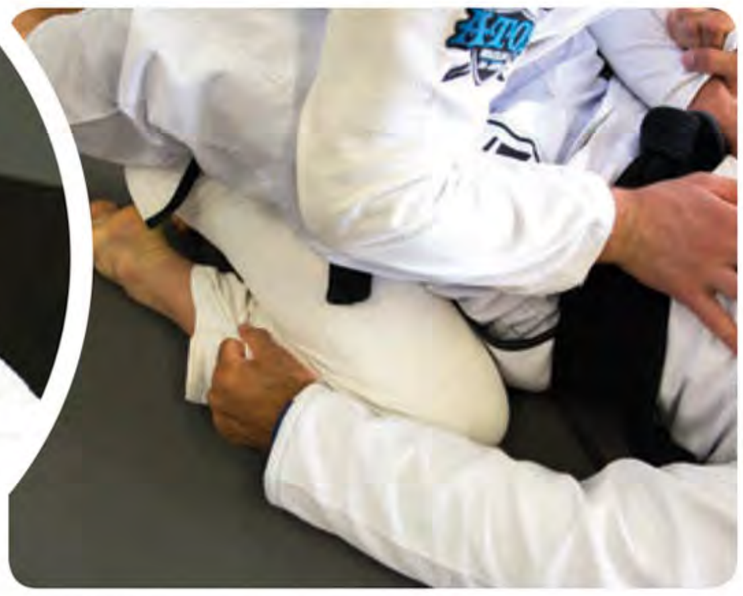
This is a simple sweep from the closed guard that Andre likes because it is very simple and when sold correctly can catch your opponent off guard. If all the preparation steps are done righ, it's usually easy to complete.

WATCH VIDEO

TIP:
Andre likes the pistol grip because a standard collar grip doesn't allow you to keep his hand from basing out; the pistol allows you to block this movement.

01 Starting from closed guard grab you opponent's same side cuff with a pistol grip.

02 Grab the pants with your other hand. Make a pocket with your four fingers so you're legal and have a good grip.



03 Now chill out. At this point, your opponent's thinking about opening your guard, maybe breaking a grip. Sell him on the fact that nothing's coming by laying your head flat on the mat and relax, or "helax" as Henato would say.

04 That previous step was very important. When your opponent's not expecting it you explode. Open your closed guard, put your right foot on the mat behind his leg and escape your hip out to in the direction of the trapped leg.

05

Now quickly bring your other leg up and towards him dragging your leg up across his body towards his armpit. Continue the motion using your grip of the pant leg and sleeve to bring him over.

TIP:
Pull your grip of the sleeve up and towards you to help with the sweep and to keep him from basing out. This puts your elbow on the mat, so you have some leverage behind you.

06

As your opponent's back is almost to the mat release your grips and get ready to base out with your hands to establish the mount.

07

Once on top Andre bases out with his hands to the mat and his legs curled against his opponent's hamstrings.

Andre calls this "praying feet."

» FLOWER SWEEP ATTEMPT TO BACK

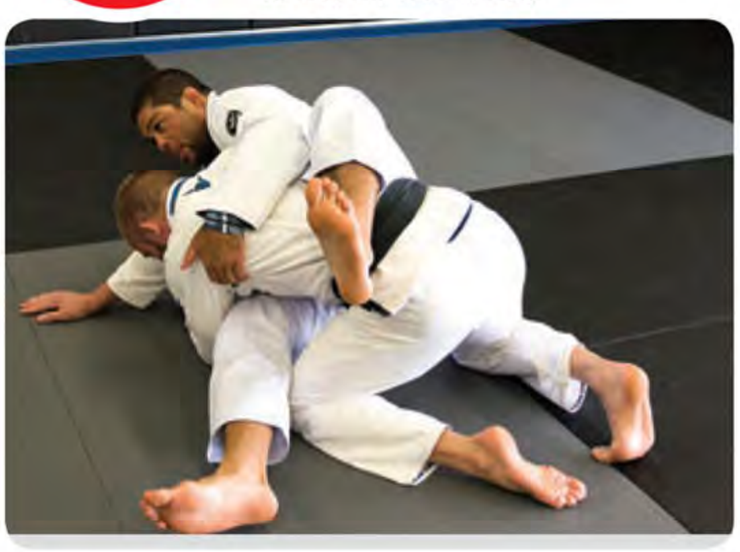
This is a cool back take that opens up for you if your opponent happens to base out with his free hand before you can sweep him with the first sweep. Lots of times if someone tries to base out and stops the motion the person on bottom will try to muscle the move and end up having to drop back down into closed guard at best. The secret here is recognizing the opportunity and going for it.

01 Establish your grips for the lotus flower sweep.

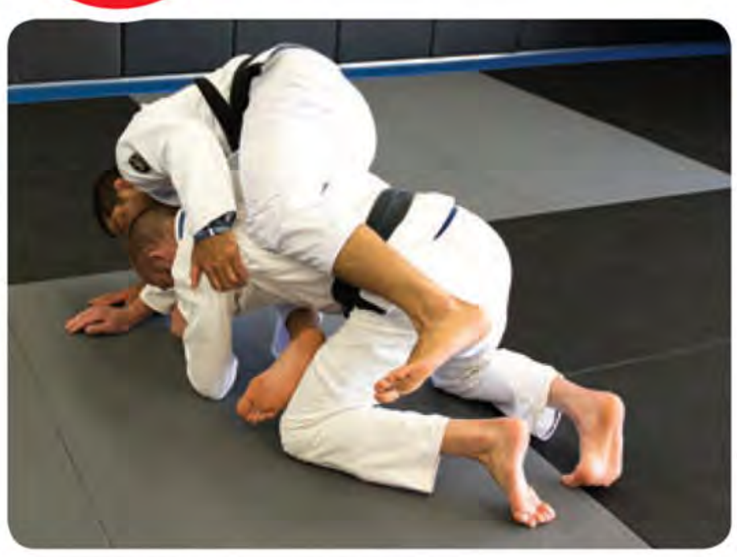
02 As you perform the sweep, your opponent uses his free right hand to go across your body and base out, stopping you from completing the sweep.

03 Once you realize that he's based out and stopped your momentum abandon your grip of the leg and reach around to hug his lat.

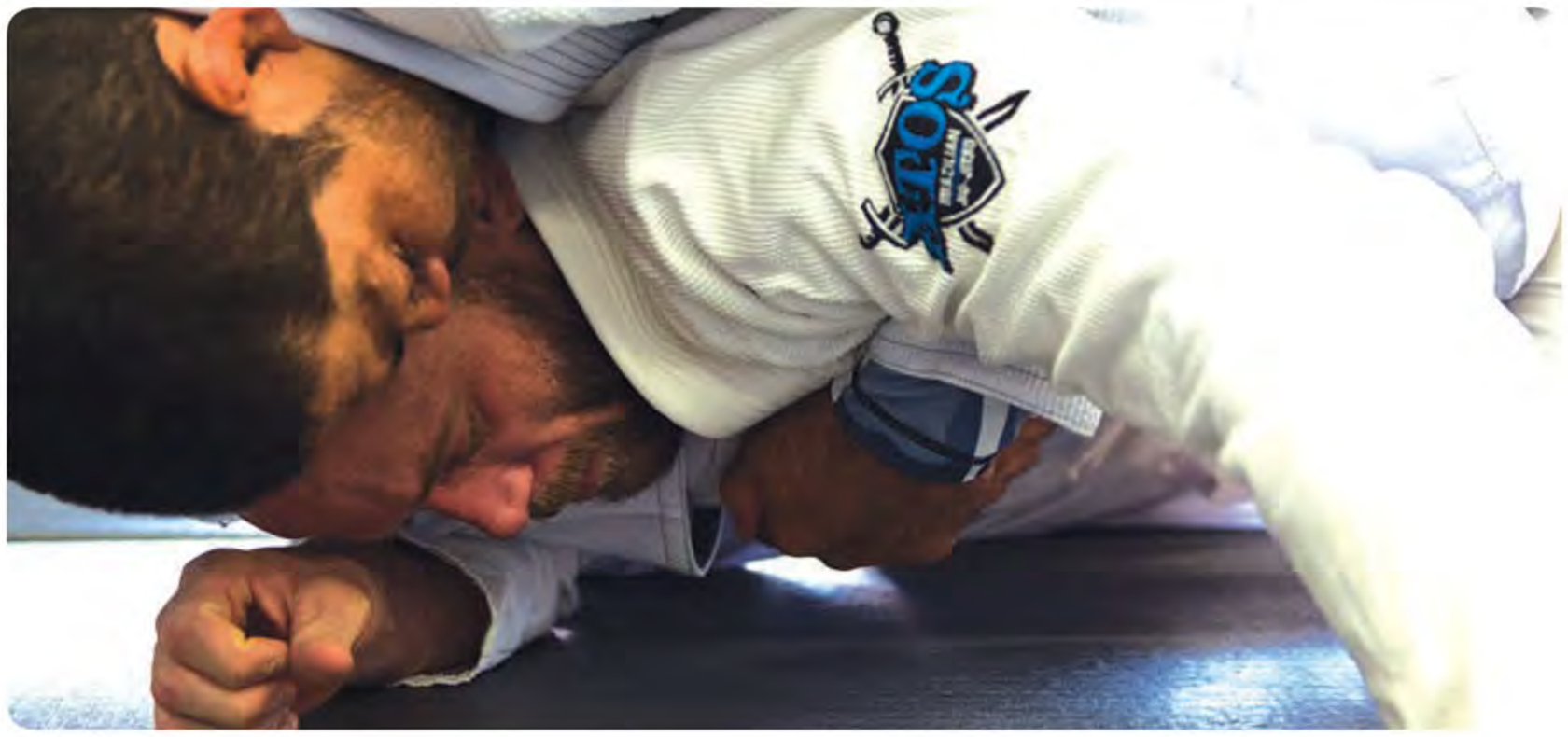
04 Clamp your top leg down onto your opponent's back so that all your weight is hanging off of him. Your hip is off of the mat.



05 By hanging off of him and having your hip off the mat, you can quickly swing your bottom leg out from under and in front of his right thigh to get your first hook in.



06 Follow with your second hook then bring your hands together to secure the seatbelt to control the back, with your right arm over his shoulder, and your left arm under the armpit. From here you can go for a choke, or stretch him out.



WHERE YOUR ROLL BEGINS.

EVERYTHING YOU NEED.
EVERYTHING YOU WANT.

- Gis Ship Free - Always.
- New And Limited Edition Items In Stock.
- Fulfilled And Operated By MMAWarehouse.

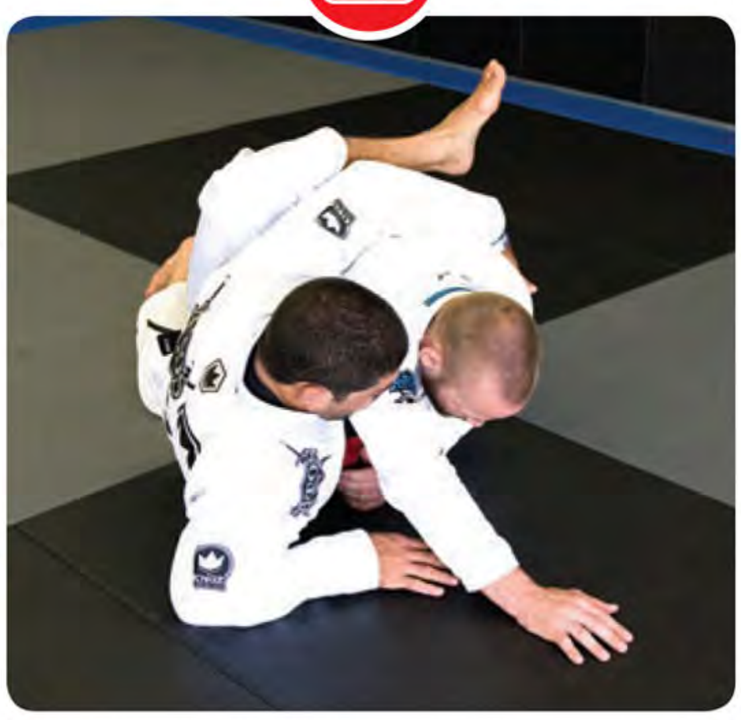
www.bjjwarehouse.com

» SWEEP ATTEMPT TO TRIANGLE

The third and final variation of the lotus sweep that Andre showed us was by far my favorite in the gi. As Andre describes, he always tries to lay out a path with many options when he competes. He'll go for A, but if that doesn't pan out there's always B, and of course C, and so on. The triangle that presents itself follows if the back take doesn't pan out. Let's say your opponent allows you to get that first hook in on the back take, but blocks the second hook. This seems like a reasonable game plan for anyone on the receiving end. The triangle is completely unexpected and comes on quickly.

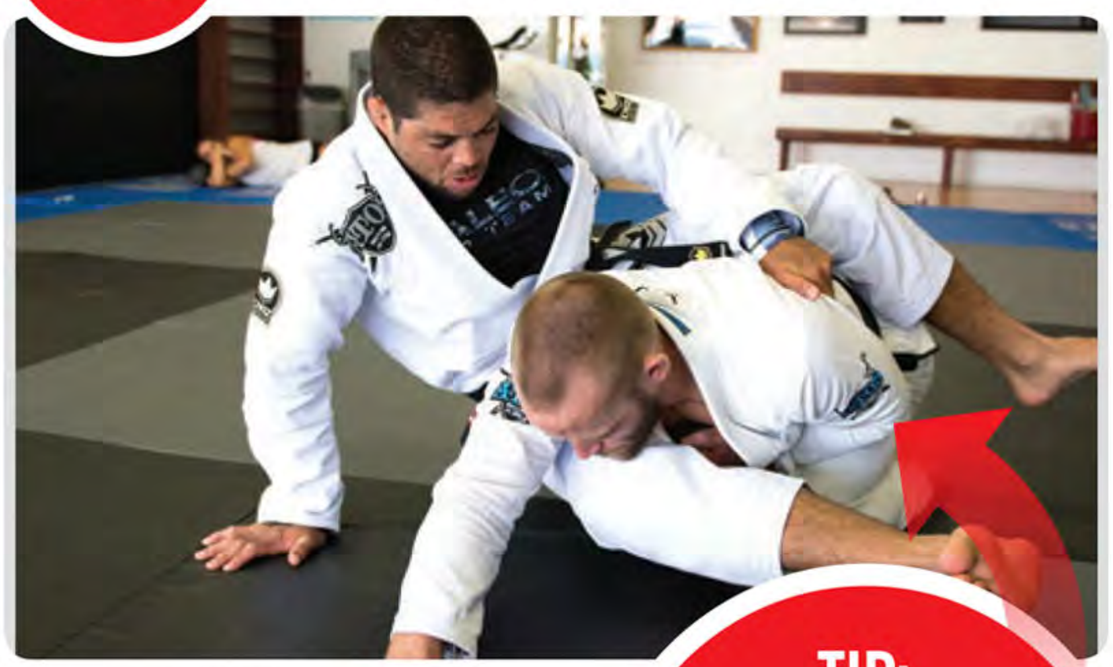
01 Starting with the first five steps of the sweep your opponent bases out preventing you from completing the sweep.

WATCH VIDEO



02 You get your first hook in, but he blocks you with his arm from getting the second hook in.

03 Quickly raise your knee off the mat and shoot that leg across his body as far as you can. Push off against the mat with your hand that's posted to help make this possible.



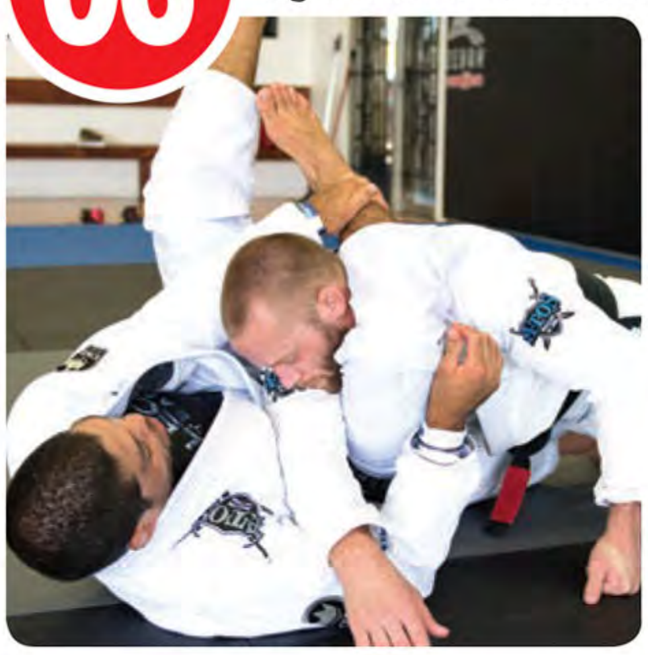
TIP:
You've got to be quick and deliberate with this so he doesn't block your leg with his far hand. Although if he does, go back to putting that hook in.

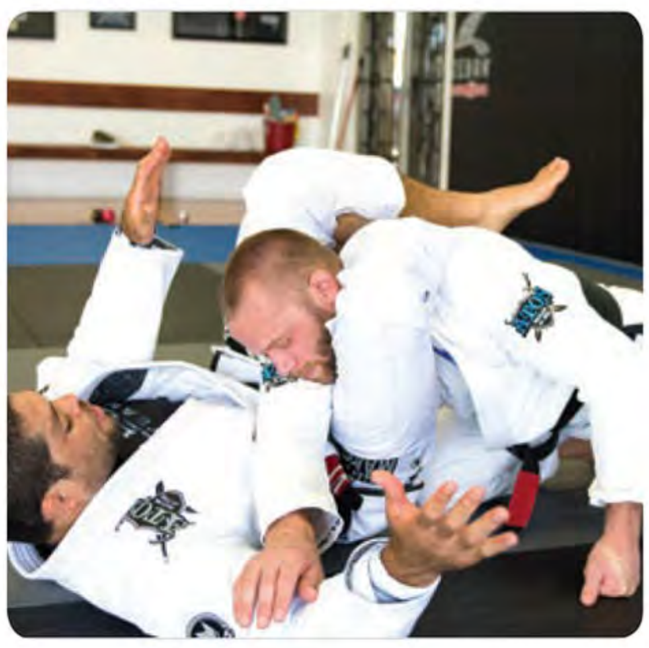
04 Grab your shin with your hand and pull it up towards you to tighten the triangle.

Thanks to Atos Black Belt Josh Hinger for assisting us in this shoot.

05 Place your left foot on his hip to push off of and create a better angle.

06 Then bring your left leg up and over your right shin to lock down the triangle.





07 Your opponent's arm will already be in the right position to finish, now just bump your hips up and pull back on the back of the head to finish.

GET A GRIP

To finish this triangle, there are a few different ways Andre likes to grab the back of the head, and one he wants you to avoid.

Cupping The Head

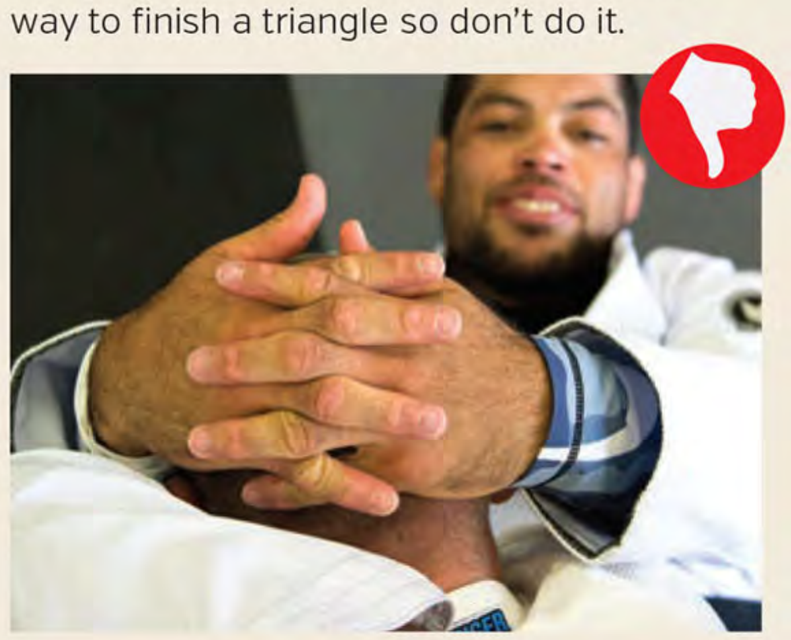
With both hands cup the back of the skull and pull down.

Modified Gable

The top of the hand near the thumb is like a blade against the back of the head, the other hand helps to pull that hand tight to finish. Andre likes this best because it takes very little effort.

The People

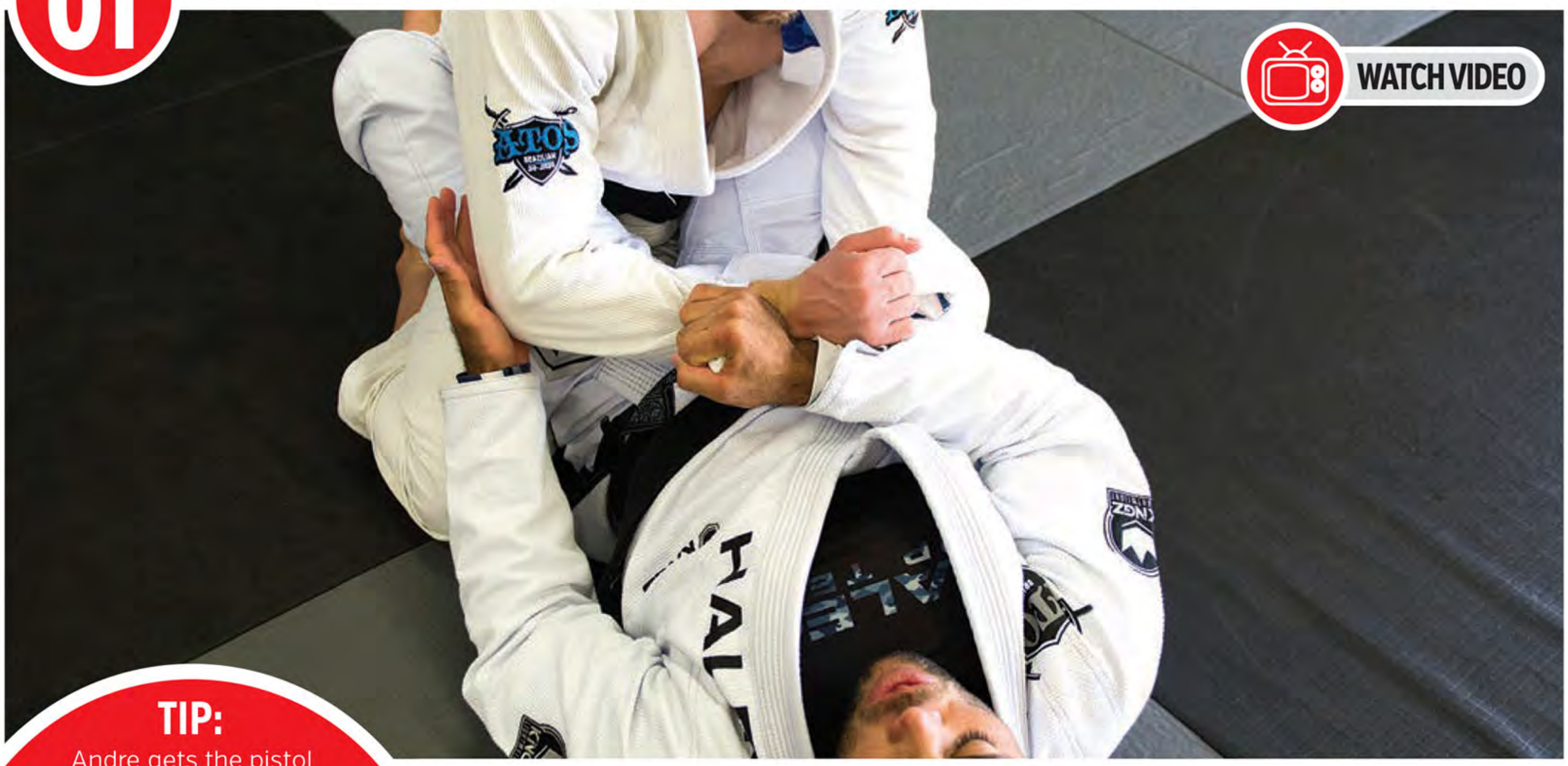
You've seen that kids game, "Here's the church, here's the steeple, open them up and here are all the people?" No? Then Google it. Anyway, this is not a legitimate way to finish a triangle so don't do it.



» CLOSED GUARD TO BACK

This is a back take from the closed guard that relies on your opponent to react a certain way. If he doesn't then you have other options. However if he does respond with the reaction you'd expect the door is open to use this slick move to the back.

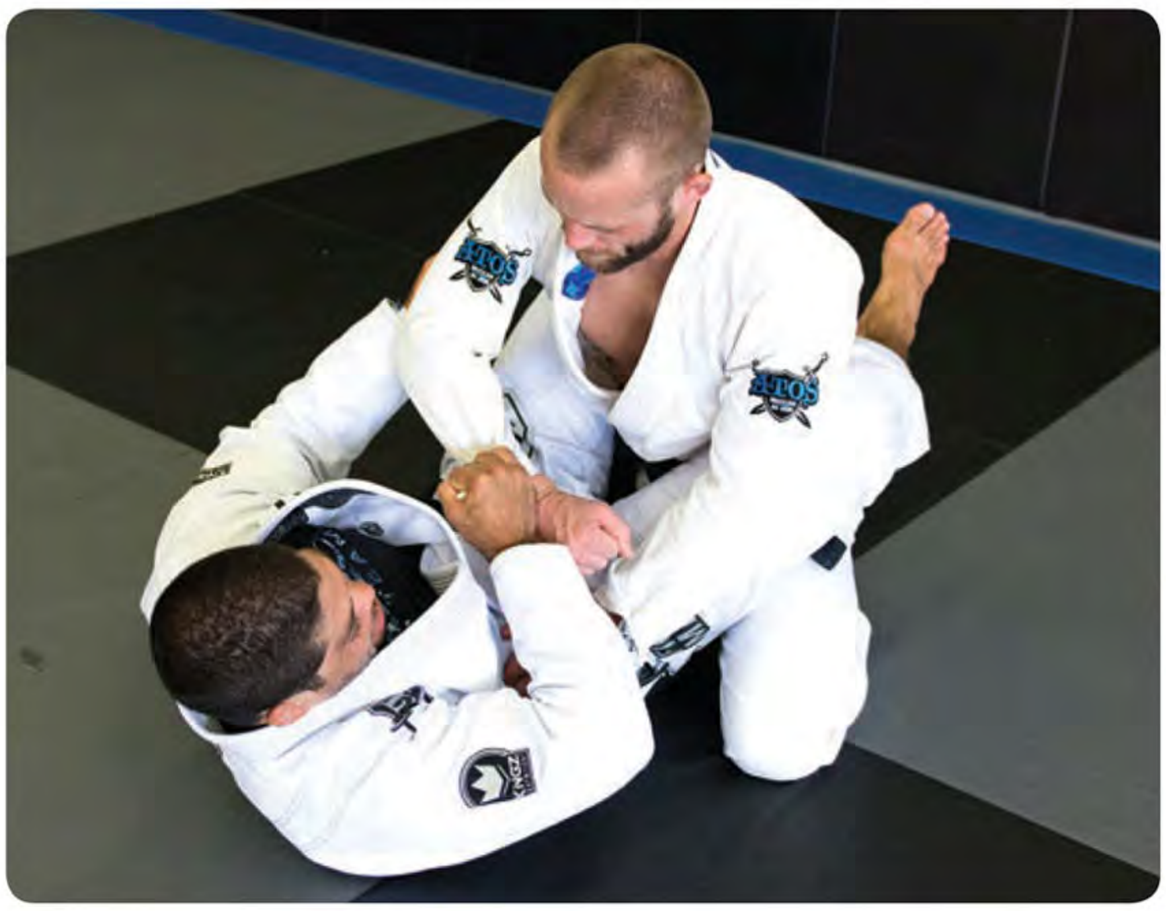
01 With your opponent in closed guard get a pistol grip of his cross sleeve and hold his triceps with your free hand.



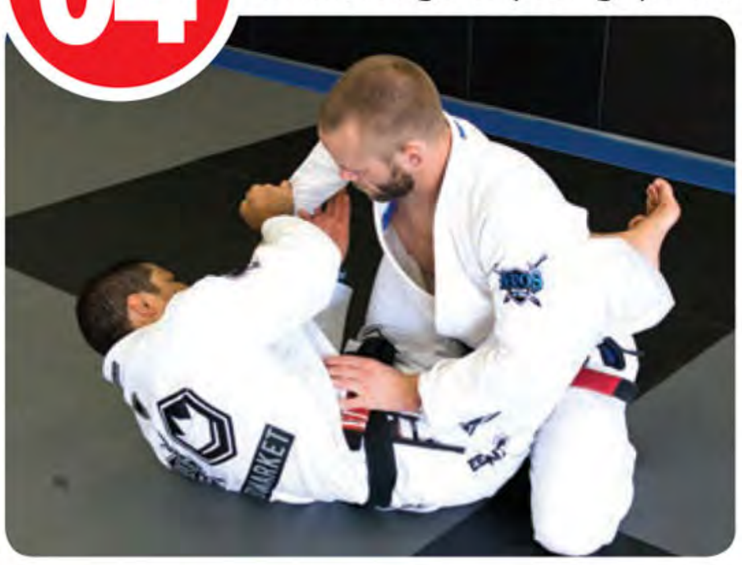
TIP:
Andre gets the pistol grip by picking the sleeve with his fingers to expose the fabric then quickly grab with the other hand. Whenever Andre uses a cross pistol grip like this, he uses his other hand to stuff his opponent's hand to his right side as shown in the picture on this step. That helps Andre to keep his opponent to defend what comes next.

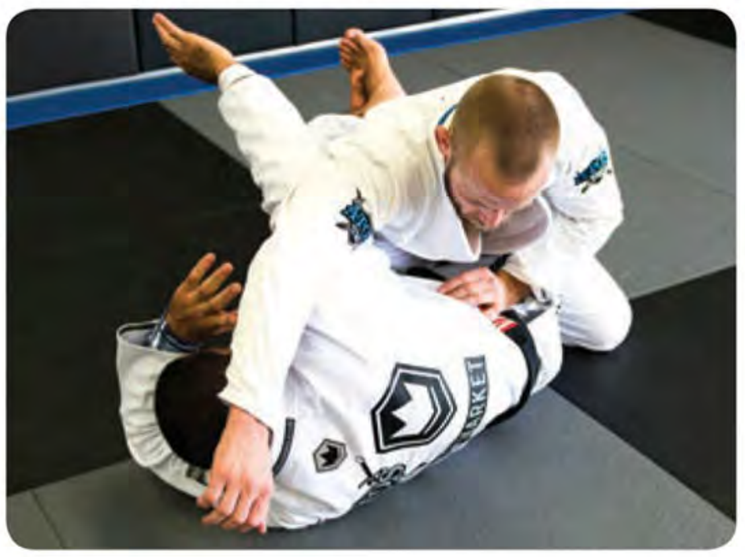
02 Now with control of the sleeve and the back of the arm pull your opponent's arm across your bodies.

03 If he doesn't pull the arm back then continue the motion stretching your arm out and moving to the back. However, his more likely response is to resist and pull his captured arm back.

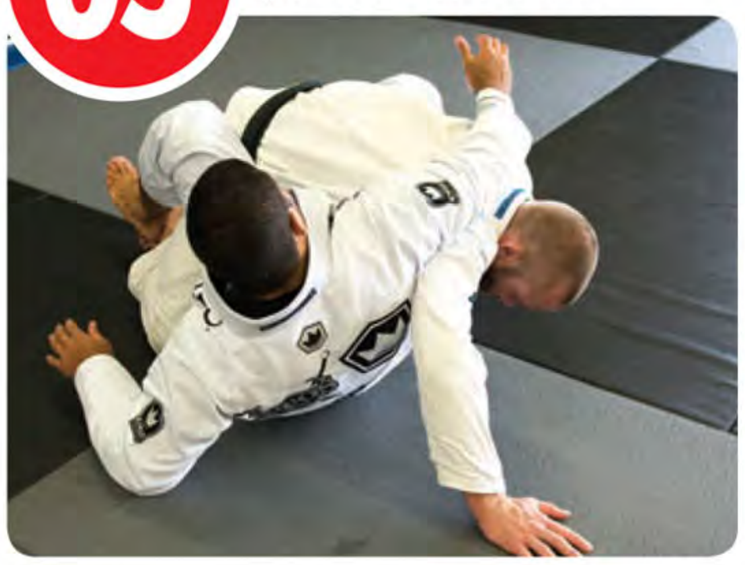


04 When your opponent pulls back use that momentum to push the arm back, let go of your grips and "swim" your arm under his armpit.





05 Sit up and quickly bring your arm up and over his back to push him to the mat.

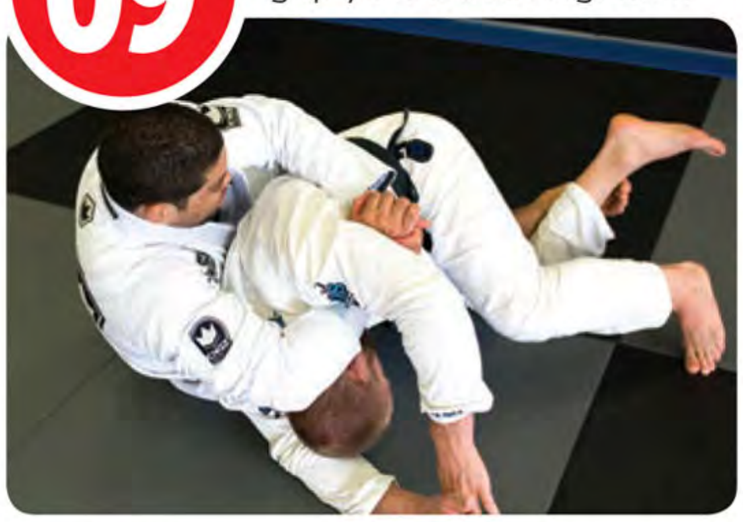


06 Reach both of your hands over and grab his far side lat to hold onto keeping your weight on top of him. Don't let him turn into you.

07 Scissor your right leg across his far leg to hook his right leg.

08 Use your other leg to help hook your right foot onto his leg.

09 Now scoop your right arm under his arm and grip your hands together.



10 Stretch your body out extending your right leg and pull his shoulder to your chest. This makes life a little more miserable for him and helps make the next step easier.

11 Underhook his arm with your left arm and bring your right arm under and around his head to a seatbelt grip.

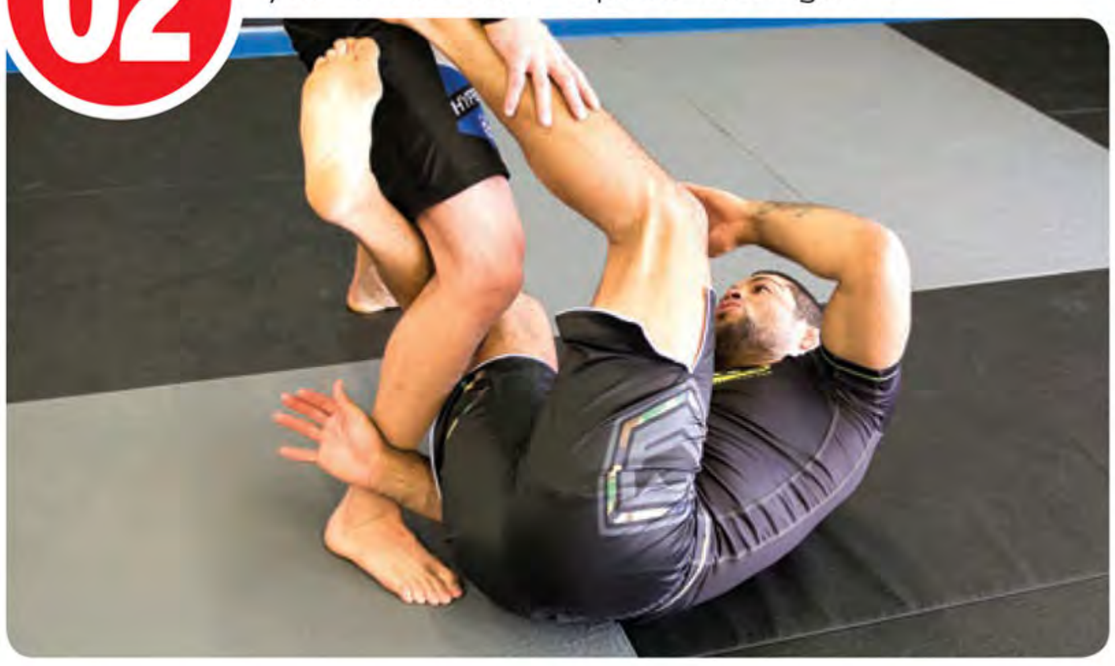
12 Finally, put your other hook in to secure the back position. You can then easily finish with your favorite choke.

» KNEE BAR FROM UPSIDE DOWN GUARD

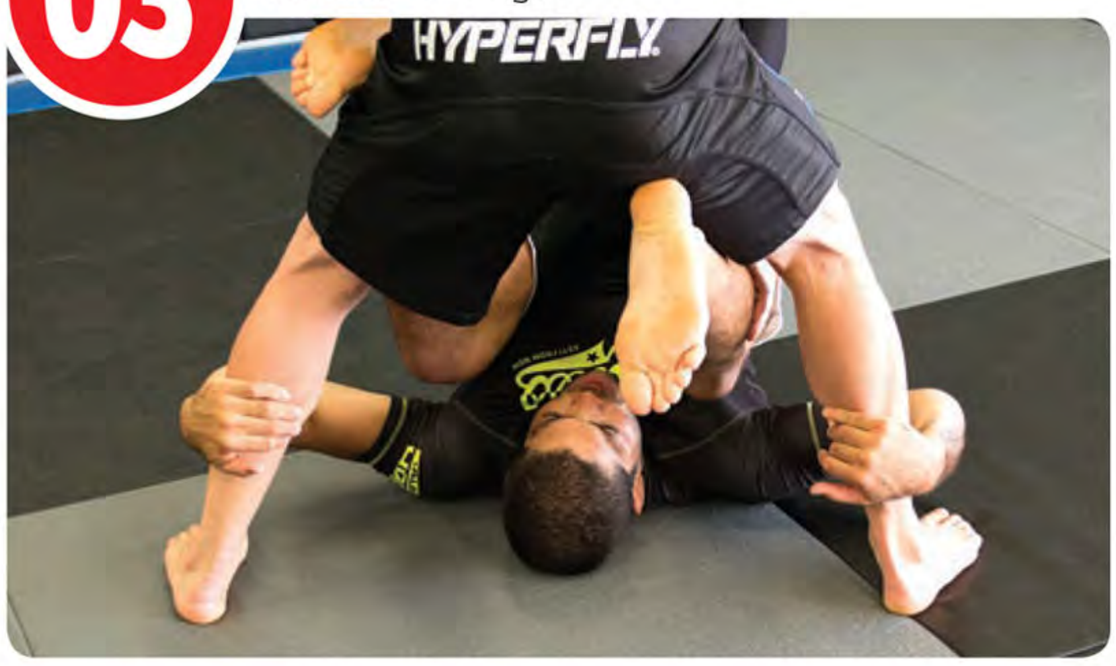
When Andre first showed us this technique I didn't truly appreciate its simplicity. But after taking a few more looks I can say this is probably my favorite no-gi techniques I've seen lately. I rarely play any upside down guard so maybe that's why I didn't pay much attention at first. But then after reviewing it Andre's only "upside down" for a second or so.

01 Starting on your back with your opponent in front of you on an open guard bring your right leg in on his right leg for a reverse De La Riva.

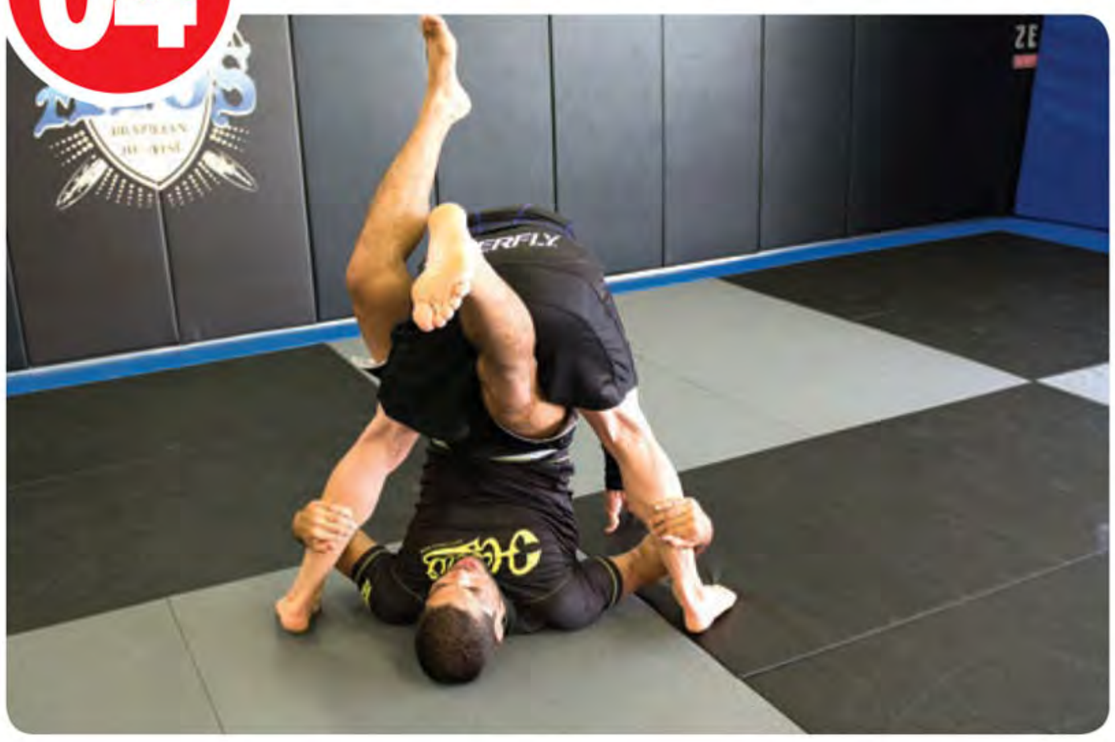
02 Bring your right hand between his leg and your body and curl your arm so that you rotate into an upside down guard.

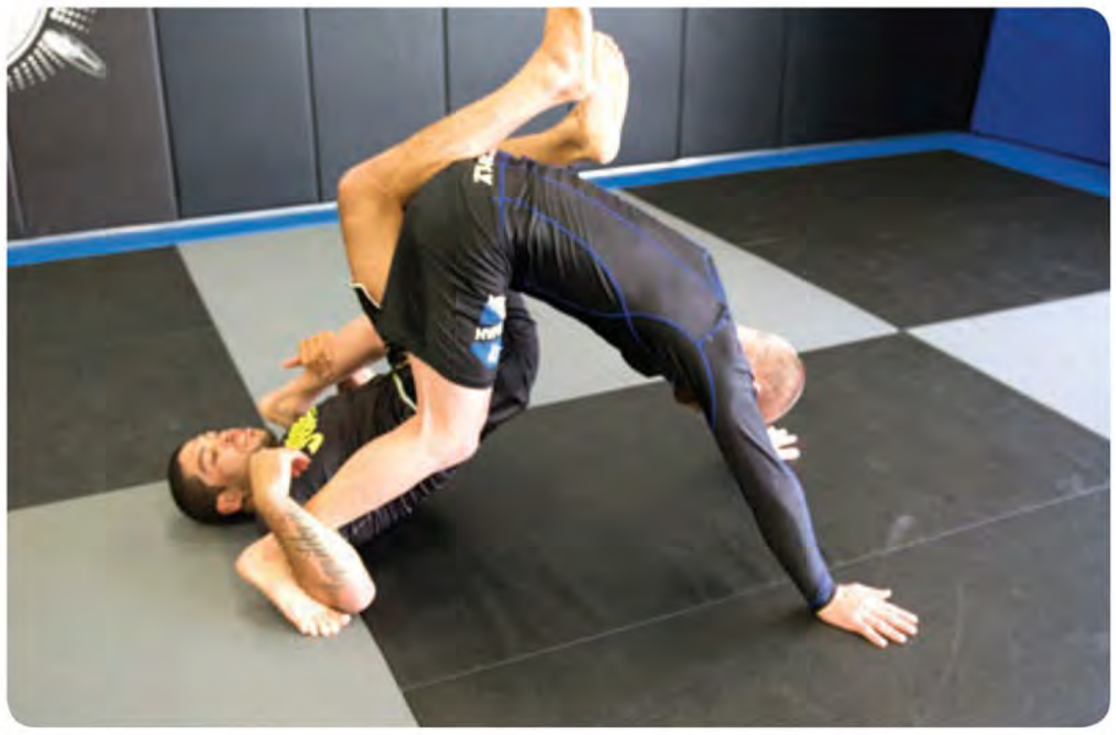


03 Only your right leg needs to go between his legs.



04 Drive your right foot forward to bring your calf up to his but and straighten your body to push him forward causing him to base out on the mat.





2015 TOURNAMENT TOUR

GRAPPLING GAMES

WWW.GRAPPLINGGAMES.org

DATE	LOCATION
08/01	San Antonio, TX
08/08	Little Rock, AR
08/22	Houston, TX
08/29	Baton Rouge, LA
09/05	Chicago, IL
09/19	Memphis, TN
09/26	Charlotte, NC
10/10	Dallas, TX
10/17	Atlanta, GA
10/24	Stillwater, OK
10/31	Jackson, MS
11/07	Cincinnati, OH
11/14	Little Rock, AR
11/21	Kansas City, MO
12/12	Houston, TX

Gi & No-Gi for Men, Women, Teens, & Kids

Register online - www.GrapplingGames.org

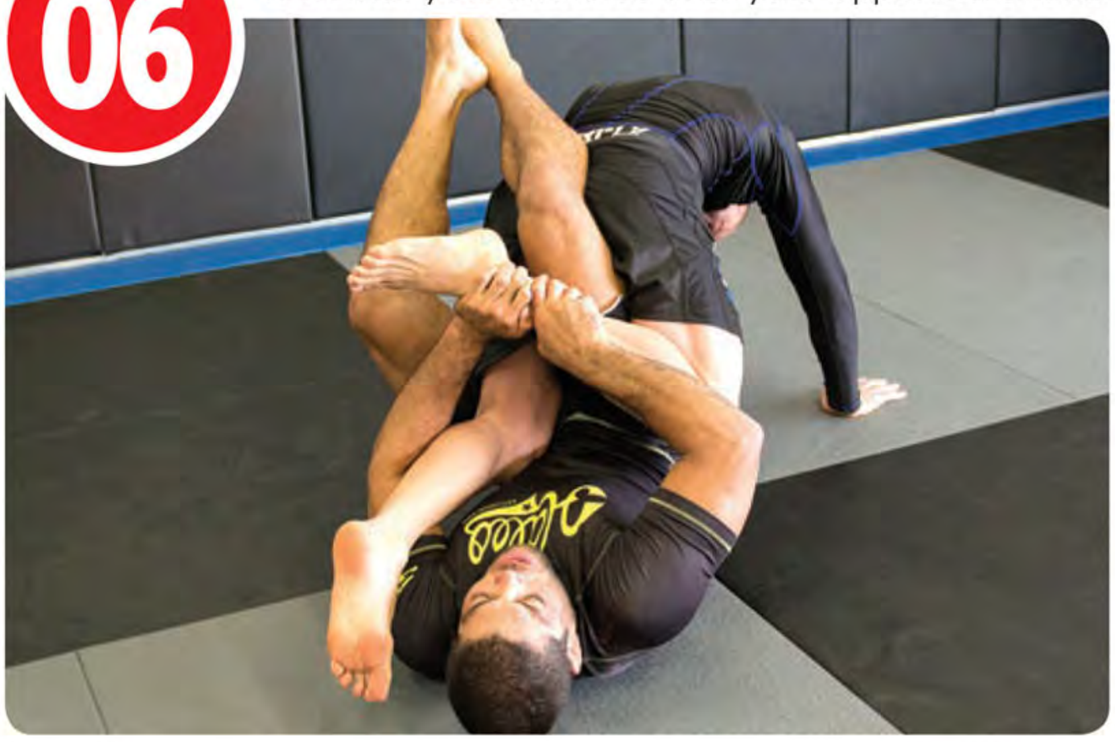
Professional photography at every tournament brought to you by MMAWIN.com

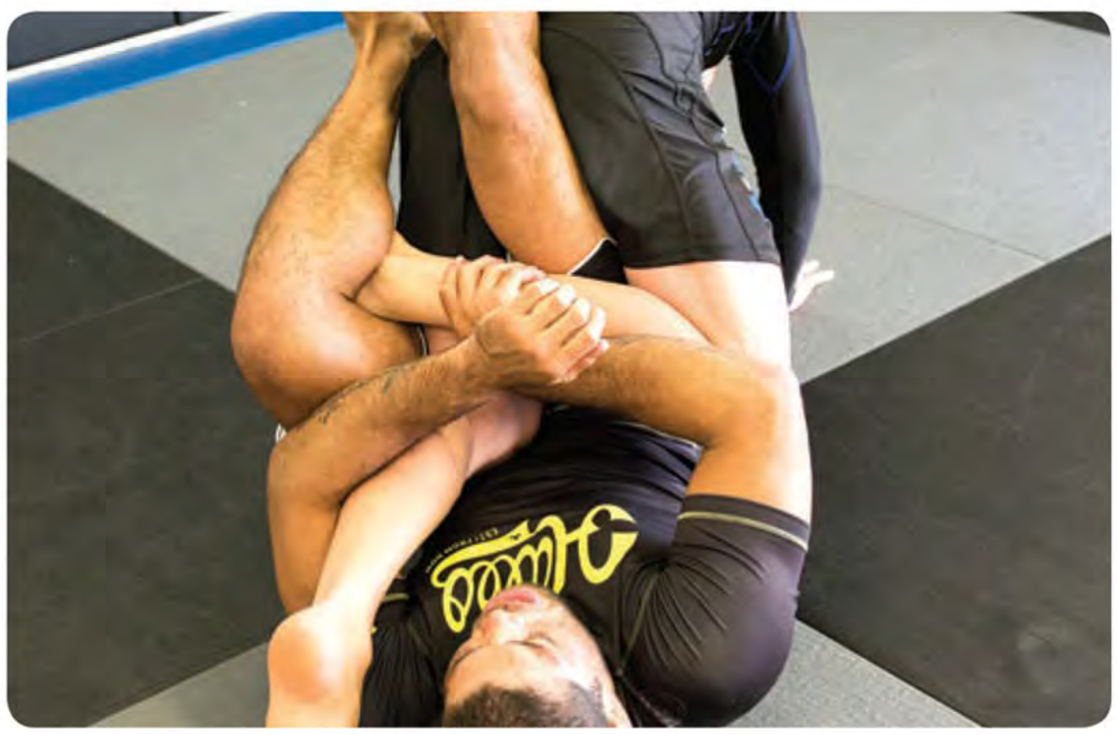
MMAWIN.com

*Dates & locations are subject to change
Please check our website for updates

05 Punch your right arm up to bring his leg up and grab just above the ankle with both hands.

06 Drag his leg across your body and lock down a figure-four lock with your left knee over your opponent's foot.





07 Roll to your left side while hugging his left leg nice and tight with both arms.

08 With his leg glued to your body bump your hips out and pull back with your entire body to finish the arm bar.

Key Points

- **This technique can also be finished** with a toehold. See the next technique for more details on the finish.

TIP:

Some people like to finish by moving the foot under the armpit; Andre prefers to finish like shown since there's a chance your opponent can escape when moving the foot to the armpit. Also, if he rolls over so that you're on the right side, he can sneak out, in which case, continue the roll until you're back in the position shown to finish.

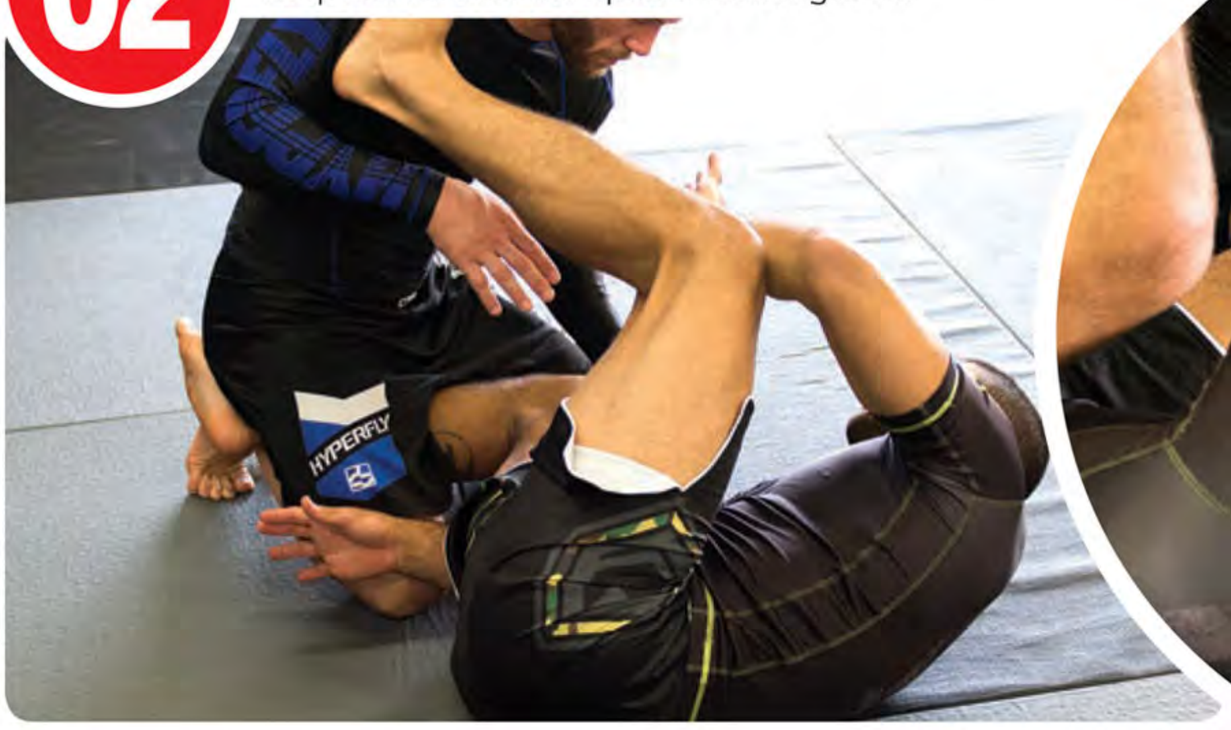
TOE HOLD FROM UPSIDE DOWN GUARD

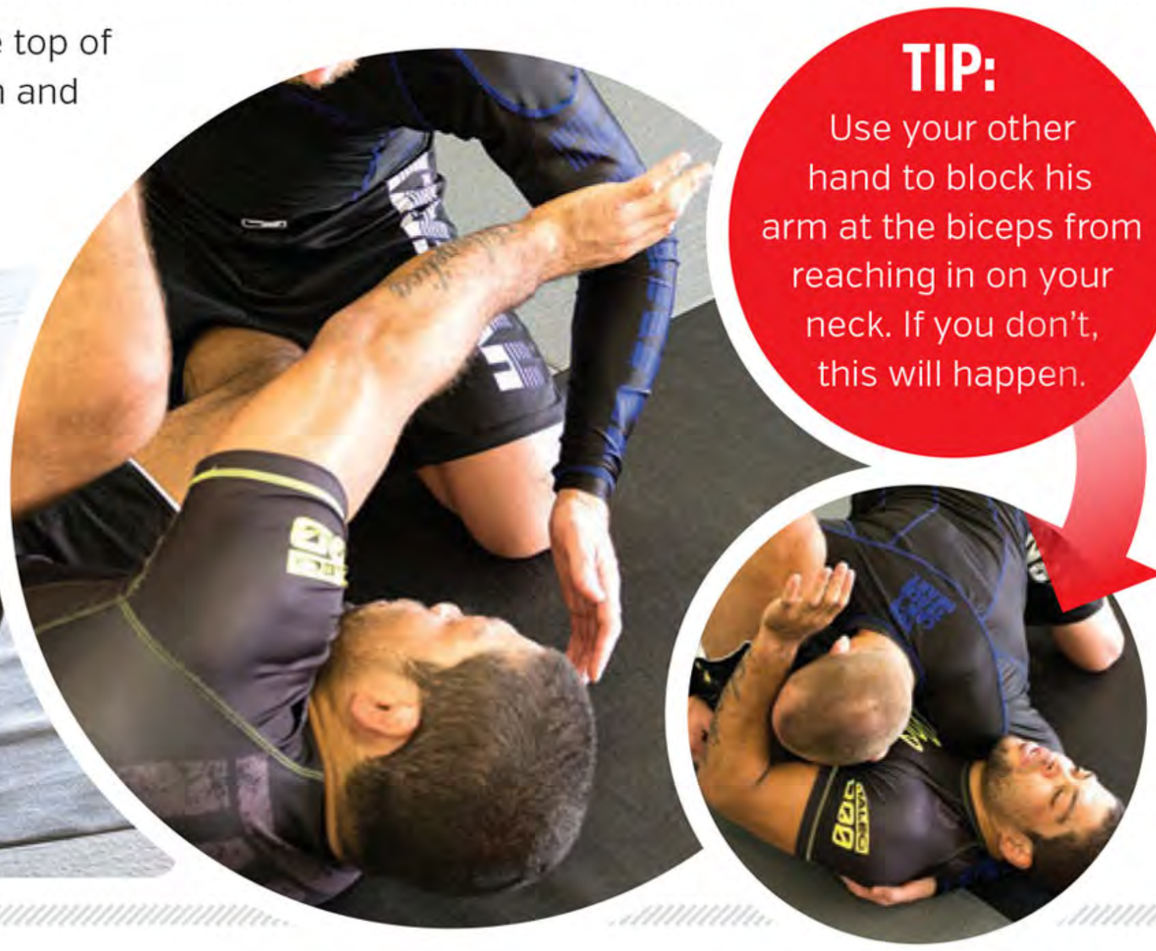
This technique is very similar to the knee bar that Andre showed us. The biggest difference is the starting position, with your opponent on his knees. There are different things to protect against on the start. Andre finishes this technique with a toehold, but a knee bar could also be executed.

01 Start on your back with your opponent on his knees in your quarter guard. One important detail is to keep your free foot on his shoulder to keep him from smashing down on you.

WATCH VIDEO

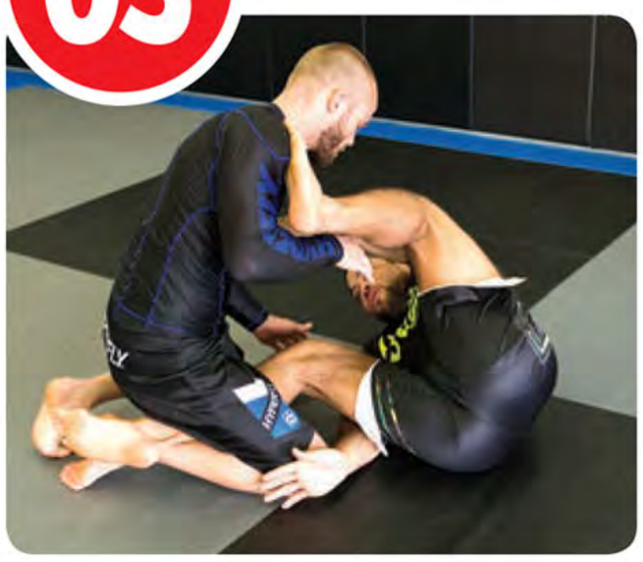
02 With your right hand reach under and hook the top of your opponent's knee so you can curl your arm and help rotate into an upside down guard.

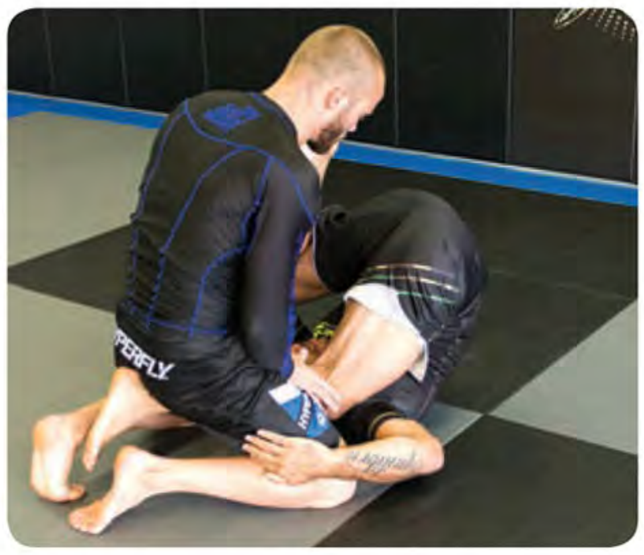




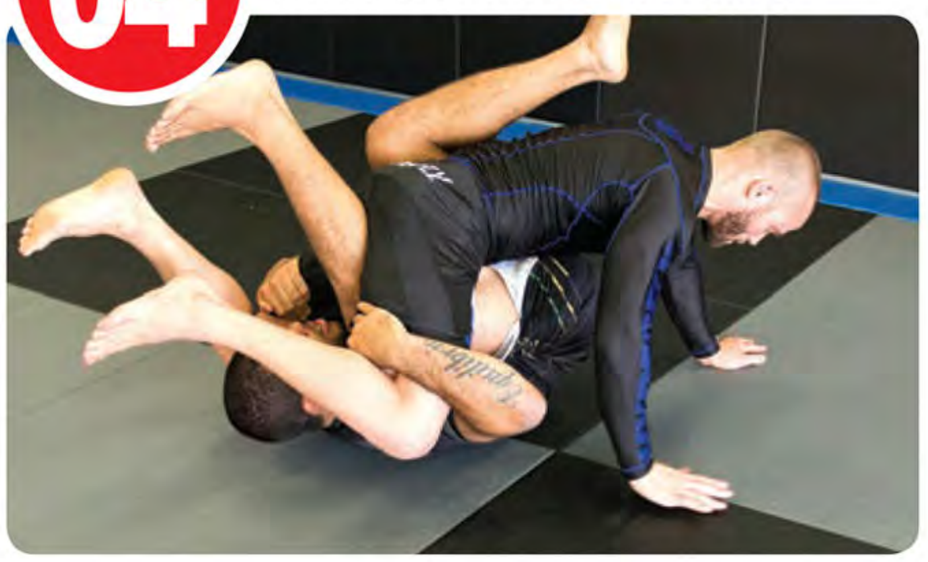
TIP: Use your other hand to block his arm at the biceps from reaching in on your neck. If you don't, this will happen.

03 Continue your rotation to upside down guard with your right leg and head between his legs.





04 Drive your right leg forward and down to push your opponent forward, so he has to base out with his hands.



copausa

THANKS TO EVERYONE WHO SUPPORTED THE BJJ TOUR IN 2014!

GET ON THE TOUR

YOUR CHANCE TO WIN!

$ 50,000.00*
*OVER 9 EVENTS

IN PRIZE MONEY

4/11 - 4/12
AMERICAN CUP
INDEPENDENCE HIGH SCHOOL
SAN JOSE, CA

6/20
ALL STAR
KAISER PERMANENTE ARENA
SANTA CRUZ, CA

10/24 - 10/25
US OPEN XX
KAISER PERMANENTE ARENA
SANTA CRUZ, CA

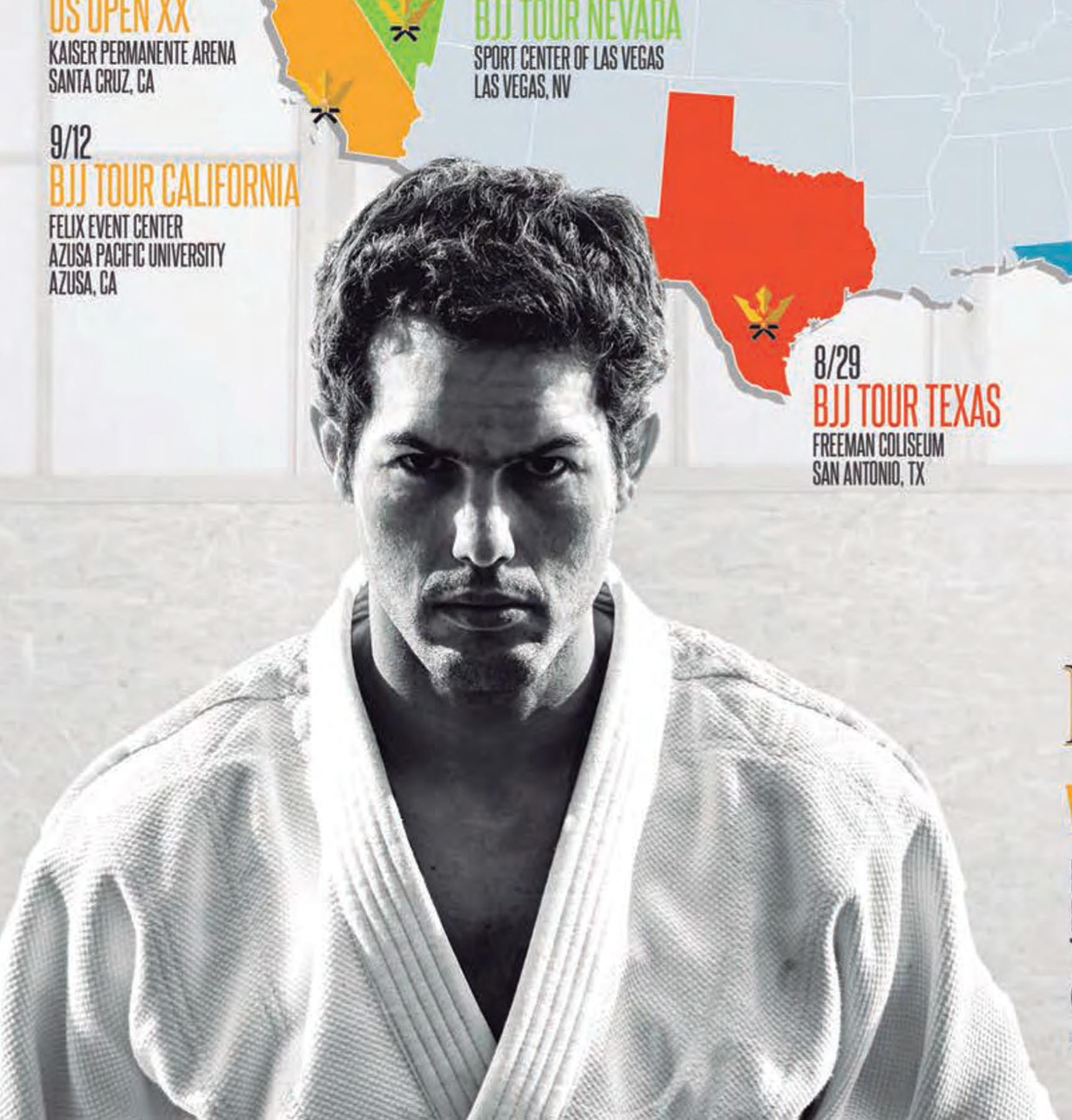
9/12
BJJ TOUR CALIFORNIA
FELIX EVENT CENTER
AZUSA PACIFIC UNIVERSITY
AZUSA, CA

11/14
BJJ TOUR NEVADA
SPORT CENTER OF LAS VEGAS
LAS VEGAS, NV

8/29
BJJ TOUR TEXAS
FREEMAN COLISEUM
SAN ANTONIO, TX

6/13
BJJ TOUR CONNECTICUT
WHEELER RECREATION CENTER FIELD HOUSE
BRIDGEPORT, CT

3/28
BJJ TOUR FLORIDA
KISSIMMEE CIVIC CENTER
ORLANDO, FL



SERIES

BJJTOUR

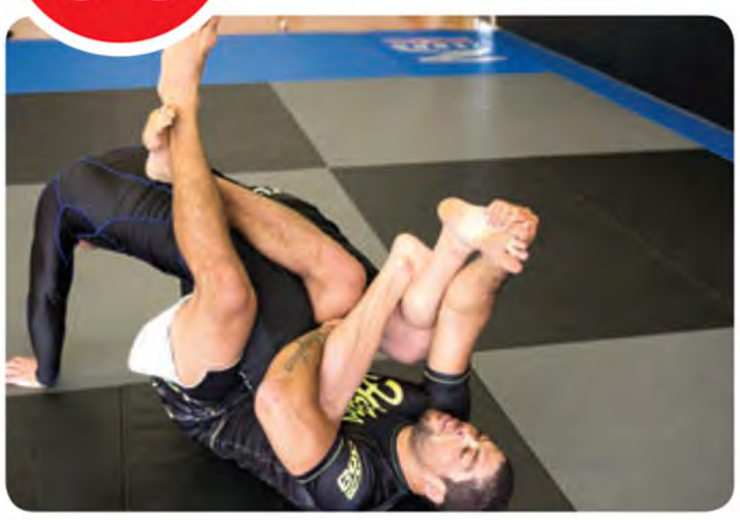
WWW.BJJTOUR.COM

MARK YOUR CALENDARS NOW! THE MORE YOU COMPETE THE BETTER YOUR CHANCES.
(POINTS AWARDED AT EVERY EVENT)

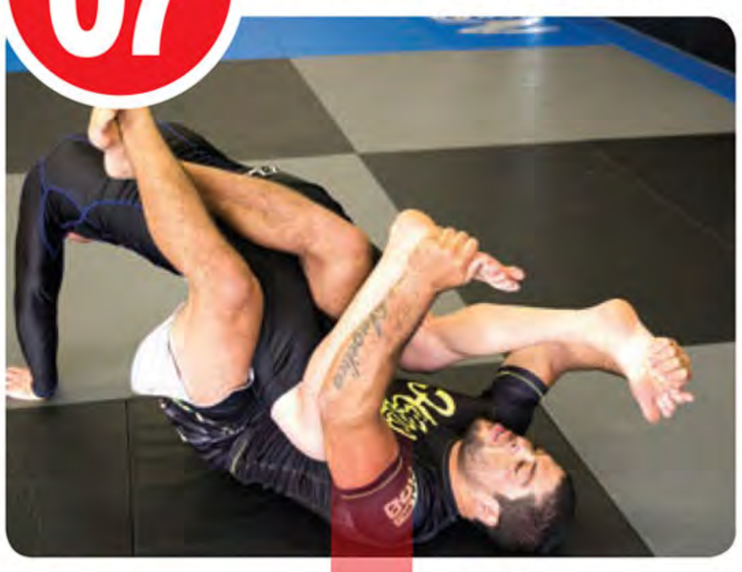
FACEBOOK.COM/OFFICIALBJJTOUR

05 Your opponent's natural defense is going to be to cross their legs since they know something's coming.

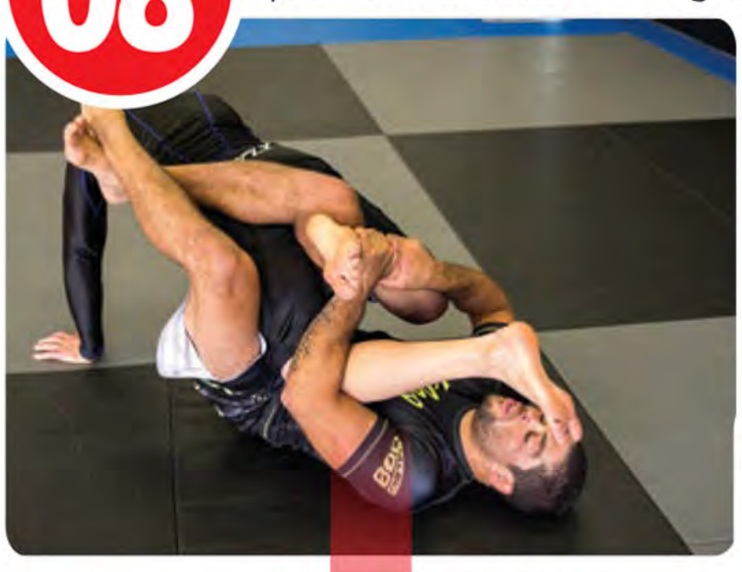
06 Grab the top foot first with the palm of your hand over his pinky toe then the other foot with the same grip.



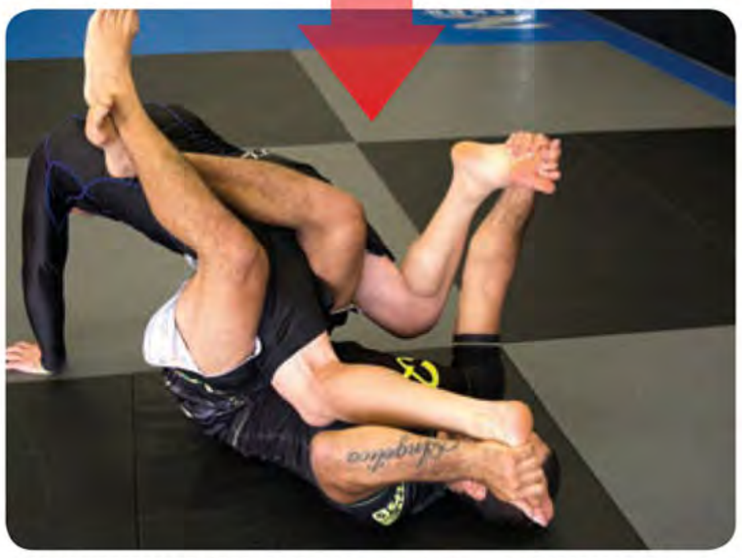
07 Pull his legs apart, it might sound difficult, but is easier than you'd think.

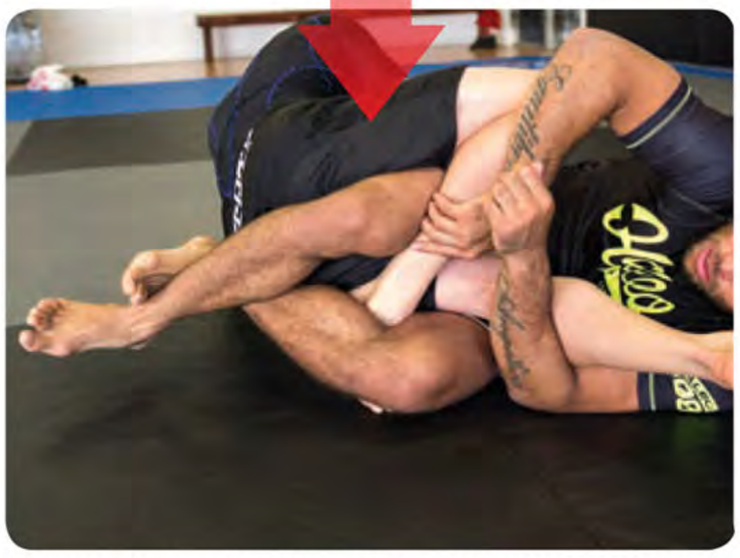


08 Pull the leg that's over your thigh across your body and feed under your left leg to lock up a figure-four on his leg. Use both hands to lock that up if you need to but remain tight to that leg of his that's between yours.

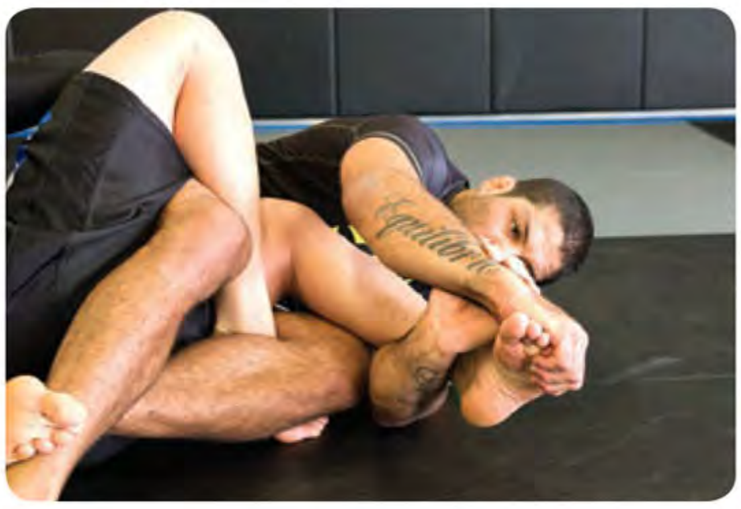


09 With his legs both tied up it's nearly impossible for him to escape. Bring your focus back to his left leg. You can finish with a knee bar like the previous technique or go for a toehold.



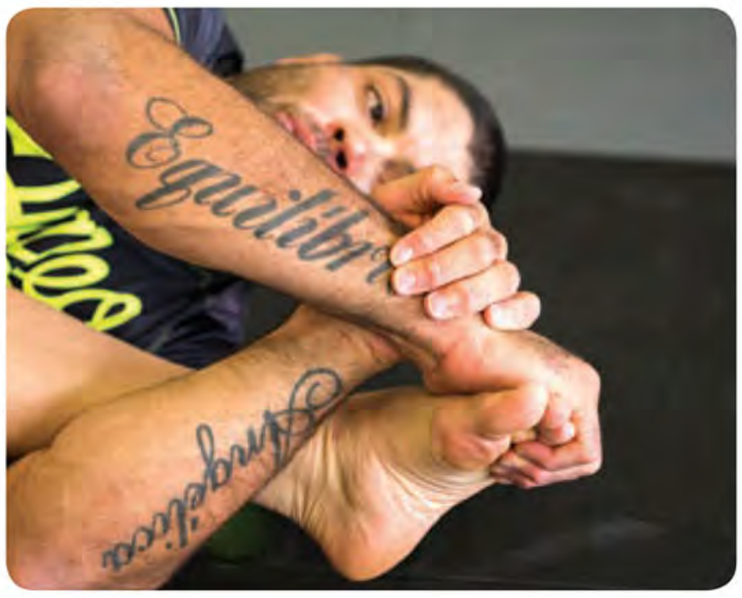


10 To finish with the toe-hold grab across his left foot with your fight hand with you palm over his pinky toe. Lock up a Kimura grip of your right wrist with your left hand.



11 Unlike a knee bar where you'd want his leg stretched out, you want to finish the toehold with his knee bent.

12 The last detail is to curl both your wrists downward to finish the submission. *jjm*



graciesouthbay.com

atama.com.br | atamausa.com

leticiaribeiro.com

LETICIA RIBEIRO - 9 X WORLD CHAMPION

TRAIN LIKE A CHAMPION WITH THE CHAMPIONS

FLUXK TOILER GI

www.fluxk.com

Patrick Flores

FLUXK. I don't think I've ever been stopped more times mid roll from someone asking, "What does that say?" The name grabs the attention, but what keeps the attention to the brand is its simplicity. When you read the name, your brain wants to make it more complicated than it is. FLUXK approaches gi design from a minimalist point of view. As a new gi company, their humble approach is a breath of fresh air. The FLUXK Toiler gi comes in standard, long, and fitted sizes.

Pants

The pants are made out of a 10 oz. drill cloth. They're comfortable, and it's difficul to find any complaints. The knees are double reinforced and padded. The simple design is attractive and looks clean from afar. Upon closer inspection, some of the stitching could be cleaned up more, but doesn't impact functionality. You'll only notice one minimalist patch on the pants, which tells you all you need to know about the gi and FLUXK. The gi pants have a black trim that contrasts well against the white fabric. The pant leg cuffs have FLUXK hemming tape inside, which is a nice addition to the design, yet still keeps the gi simple. These pants are practical and get the job done. They don't win any awards for innovation or being a game changer, but that doesn't seem to be what FLUXK is going for.

Jacket

The jacket takes on a similar simplistic approach as the pants. It contains few patches and minimal branding with similar FLUXK accents around the cuffs and bottom of the jacket. Not much can be said about the design because the gi is just that simple. The FLUXK logo is found on each arm and an exterior patch at the bottom of the outside lapel. No other branding is visible on the exterior. The jacket's gold weave (500 gsm) makes the gi durable. The important seams are triple stitched together. It's not designed solely with competition in mind, but as a daily trainer as well. The collar is made of EVA foam, which was niether stiff nor flimsy. The simple design and look is attractive, reminiscent of that "girl next door" you always had a crush on.

The gi comes in both white and blue. The only significant difference between the two is the white gi has black FLUXK hemming on the inside while the blue has the same accents in white.

Fit and Feel

I normally wear an A2 gi. However, the A1 fit me perfectly right out of the packaging. I'm 5'9" and about 170lbs, which usually puts me in the A2 category. Although when I tried on the FLUXK A2 here at JJM HQ it felt way too big. The A1 felt like a fitted suit for my body type. Though the Toiler claims to be 100% preshrunk cotton so with that in mind, I thought it would be perfect. After washing the gi a few times, I did notice some shrink in the arms. The before and after measurements confirmed this, but overall the rest of the gi remained relatively true to the original size. It's worth noting that I hung dried the gi, many times hang drying will cause the fabric of the gi to get stiff. I was surprised at how pliable the gi and the pants remained after being dried on the line.

Brand New(420)		After 3 washes at 40° C	
A	63"	A	61"
B	29.5"	B	29"
C	21"	C	20"
D	7"	D	7"
E	20"	E	19.5"
F	37"	F	36"
G	9"	G	9"

Rolling With It

The FLUXK Toiler is simple and during my testing proved to be durable. Through at least six separate training sessions, I didn't notice anything other than normal wear and tear. The soft feel maintained and didn't affect how stretchable my sleeves were when caught in someone's spider guard. Maybe it's the summer months, but I did feel a little warmer than usual in the Toiler. The material could be a little bit more "breathable."

The fit makes the gi great to roll in. At no point did I feel it get in the way or limit my range of motion. As I mentioned before, the gi sleeves shrunk presenting a bit of a training issue for my partners. The collar thickeness felt good, comfortable but not too soft where it becomes a weapon to my training partners. One thing I noticed while rolling that bothered me a little was the fact that the interior hemming tape has a bit of a noticeable edge. Occasionally during my sessions I noticed this while rolling. With more wear and washes, I'm sure this is something that will go away.

Functionally, the gi fits and rolls wells. The drawstring system might not look like anything fancy, but it worked better than other gi's I've tried. The pants didn't come loose or undone at all while training.

Highlights & Specs

- 500 gsm premium gold weave jacket
- 10 oz. drill cloth pants
- Comes in standard, long, and fitted sizes.
- Minimalist design
- A1 weighs 3.5lbs total [1.05lbs pants, 2.45lbs jacket]
- Sells for $139.95 directly from fluxk.com

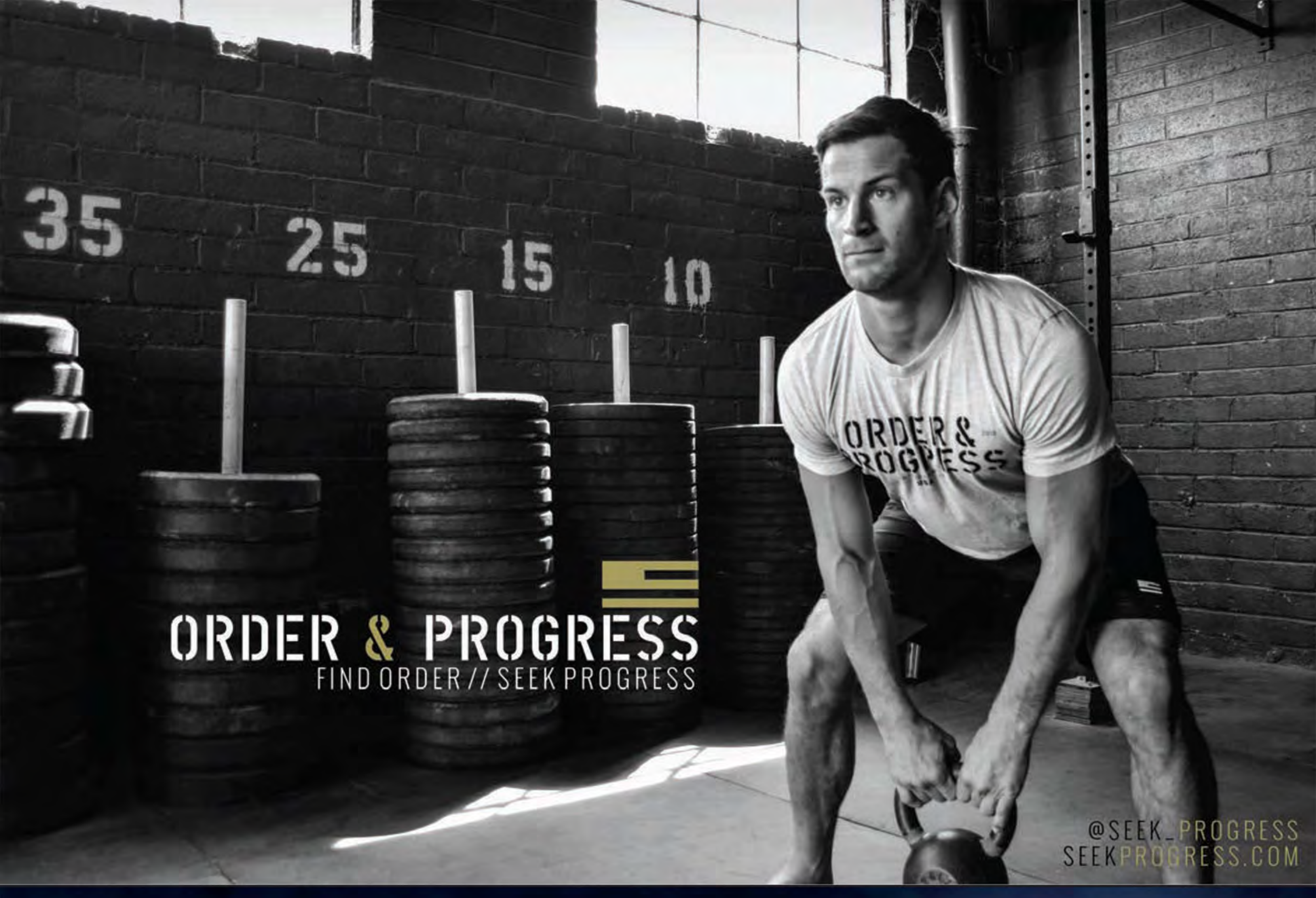
Verdict

Minimalist design for the training focused grappler.

PERORMANCE: ★★★½☆
QUALITY: ★★★★☆
VALUE: ★★★★☆
OVERALL: ★★★★☆

CONCLUSION

This is a great training gi and should stand up well even in competition. It's durable and has a cut that fit me nicely. The pants and jacket are reinforced and padded in all the places important for drilling and the tough rolls in the academy. In a growing market of flashy, loud, and heavily branded gi's, the FLUXK Toiler stands out because of its utter simplicity. Retailing for $139.95 the gi is a good value if you train frequently and want something that will hold up. This gi is intended for jiu-jitsu practitioners who want to be low key. Their main focus is on training and keeping their wardrobe simple. The FLUXK Toiler won't be turning many heads for being flashy, but it will get some long looks and compliments around the academy. *jjm*



Bring Your Guard Game To A New Level!

The Jiu Jitsu Lab Series 1 DVD - The Science of Sitting Guard

Matt Baker, one of Jean Jacques Machado's most decorated black belts is going to show you some of the simplest yet most effective sitting guard techniques!

- **Have an answer for every way your opponent reacts!**

After watching and learning these techniques you'll have a complete sitting guard game without needing to rely on strength or athleticism. All of the techniques profiled are simple enough for beginners, but effective enough for even the most advanced competitors.

ORDER NOW!

Also Included:

- Advanced Submission and Guard Techniques
- Advanced Sitting Guard
- Advanced Escapes to Submissions (Counter Attacks)
- Advanced Submission Escapes

On 2 DVDs with approximately 2 hours of amazing instructional information!

www.jiujitsulabdvd.com

GET IT NOW

Available on the App Store

DOWNLOAD TODAY!

ORIGIN COMBAT CLUBS

www.originmaine.com

Travis Guesnon

CONTRADICTORY TO THEIR TITLE, COMBAT CLUBS AREN'T USED TO BEAT YOUR OPPONENTS OVER THE HEAD WITH; HOWEVER, THE ORIGINAL INDIAN/COMBAT CLUBS WERE DEVELOPED AS A WAY OF TRAINING SOLDIERS AND WRESTLERS FOR COMBAT. The clubs are used to increase the strength of your core, grip, and wrists, while improving shoulder mobility and overall conditioning.

Originality By ORIGIN

ORIGIN Combat Clubs are unique in that they are adjustable in weight. The handle of the club is just over 11" in length, weighs 0.95lbs, is roughly the thickness of the average person's wrist. There is a threaded hole on the top of it, as well as in the middle on the length of its base. This handle is available in either natural maple wood or SpectraPly, which is premium yellow birch veneer wood material that is dyed and laminated to produce vibrant colors. Additional weight can be added by screwing Gravity Slugs (round weights with a centered bolt) into the top portion of the club and each weight. ORIGIN's website states that the weights are 1.5lbs (I weighed them as 1.7lbs) each, but once placed at the end of the club creates what feels like 10lbs of torque during movement. Thanks to some geometry and algebra this varies slightly as you increase the number of Gravity Slugs and get further away from your grip.

Versatility

Not only do they take the place of a steel club, but you can use them to increase your forearm and grip strength even more so thanks to the various ways they can be used. For example, one club can be transformed into a rope forearm trainer with a single rope attachment. They can also substitute for over sized grip trainers when the eyebolt attachments are placed into the tops. With a couple of heavy duty spring links you can easily make your pull-ups, hanging exercises, dead lifts rowing exercises, farmer walks, etc. much more challenging. The options don't stop there; you can attach resistance bands to a stationary object, allowing you to perform even more exercises.

Costs

The basic Combat Clubs package includes two clubs made from natural maple wood, along with two gravity slugs for $119. Plain wood doesn't do it for you? You can opt for either pink, lime, or blue that goes along with black, but it will cost you an extra $24. The rope attachment forearm trainer and eye bolt attachments aren't included in the basic package and will run you $25 and $16 respectively. Additional Gravity Slugs will cost you $22 each; however, they're a little less expensive when purchasing them with the clubs in the same initial order rather than separately at a later time. Also, ORIGIN does offer a couple combo packs that include many of the accessories at a discount.

Testing

While not entirely the same as other club trainers that are cast as a particular weight, these combat trainers satisfy the same needs while allowing you to do a whole lot more. All the weights and attachments are easy to attach or detach, taking just seconds to do so. The weights are stainless steel, allowing them to be resistant to rust, denting and chipping. All the products mentioned have a lifetime warranty from ORIGIN. There are some instructional videos available on Origin's YouTube channel. But a simple search of "Indian club training" and you'll find a ton of useful instructionals. If you've never done this type of training before it does take a little bit of getting used to. Start off slow and light to get the movements and form down before getting all macho and adding more slugs. The versatility is nice. You can start light and add slugs as your skills progress rather than buying a pair of lightweight cast clubs then probably not using any more when you progress to more weight. The surface of the SpectraPly is very smooth. The smooth finish means you must squeeze tight to keep them at bay, good for grip strength but be careful if your grips fatigued or your palms get very sweaty.

Overall

I like the fact that ORIGIN continues to innovate in their product designs. Their mountain top factory in Maine must be like a Skunk Works facility for grapplers. My only gripe about the Combat Clubs is the initial price and cost of additional weights. Adding a pair of Gravity Slugs will set you back $44. Yes, they are machined stainless steel, but I'd like to see a less expensive or heavier option for that same price. Indian club training does take a little getting used to, don't give up. The benefits are difficu to replicate in other forms of conditioning. Shoulder mobility is super important in jiu-jitsu. These will help increase your mobility, range of motion, strength in your shoulders, and other parts of your core. *jjm*

Verdict

Need to work on your shoulder mobility, try these.

PERORMANCE: ★★★★★
VALUE: ★★★★½
OVERALL: ★★★★★

Pedro Sauer

the Path to Black Belt series

6 DVDs (2 per set) with over 200 perfect techniques demonstrated by 8th Degree Black Belt, Professor Pedro Sauer.

WHITE TO BLUE (on DVD): **$105** +S&H

BLUE TO PURPLE (on DVD): **$140** +S&H

MOUNT (on DVD): **$85** +S&H

All 3 Sets *special offer:* **$275** +S&H

purchase online at **PedroSauer.com**

MASTERING THE GUARD PASS AND ITS SUBMISSIONS BY KID PELIGRO

PRINT VERSION at **PedroSauerStore.com**
and eBook at **AMAZON.COM** SEARCH **PEDRO SAUER**

Interested in becoming an Affiliate Academy?

call **865-696-8000** or visit us online at PedroSauer.com

AL	Mobile	Pat Langan	251-470-1761
AL	Trussville	Chris Mize	205-540-1287
AZ	Sierra Vista	Antonio Torres	520-236-2436
CA	Long Beach	Harold Lucambio	310-795-1191
CT	Manchester	Rob Magao	860-377-7897
DE	Camden	Michael Withrow	302-450-2600
FL	Inverness	Chris Holmes	352-322-1444
FL	Pensacola	Tony Baker	850-554-0804
FL	Sarasota	LaVonne Martin	941-342-9944
FL	Weston	Ismael Saturno	954-385-3856
GA	Locust Grove	Matt Minter	678-561-4099
GA	Johns Creek	Francis Fong	770-623-4997
GA	Sharpsburg	Jorge Jimenez	404-917-4400
GA	Savannah	James Finizio	240-855-4403
GA	Woodstock	Alan Baker	770-926-3030
GA	Villa Rica	Daniel Lawing	770-459-9555
HI	Honolulu	Rylan Lizares	808-834-2550
HI	Maui	Luis Heredia	808-575-9930
ID	Boise/Meridian	Keith Owen	208-846-9119
ID	Idaho Falls	Jared Emfield	208-524-4414
ID	Pocatello	John Ralph	208-220-1809
ID	Twin Falls	Curtis Yergensen	208-404-4166
IL	Crystal Lake	Jeff Curran	815-356-0454
IL	Elgin	Jeffrey Kim	847-841-8705
IN	Clarksville	Brad Haynes	812-218-8000
IN	Kokomo	James Horne	765-480-4215
KY	Henderson	Darron Morse	270-871-5866
KY	Louisville	Allan Manganello	502-426-0333
KY	Louisville	Scott Smith	502-384-7084
KY	Madisonville	Eric Myers	270-836-0179
LA	Morgan City	Steve Miller	985-384-5425
LA	Monroe	Bryan Mossey	571-236-9906
MD	Annapolis	Jon Garfield	443-962-3826
MD	Rockville	Max Tzentis	301-881-7314
MD	Damascus	Kyle Sefcik	240-207-3212
MD	Monrovia	Cesar Paredes	301-529-6289
MN	Eagan	Jeremy Clark	651 338 7246
MN	Brooklyn Center	Greg Nelson	763-560-5696
MN	Duluth	Cris Johnson	218-269-2588
MN	Saint Louis Park	Ishmael Bentley	952-920-8984
MN	Minneapolis	Vaughn Lodge	612-913-2619
MS	Hattiesburg	Allen Hopkins	601-818-2383
MT	Helena	Don Raulston / Adam Bell	406-465-7858
NC	Charlotte	Mike Streicher	704-846-0707
NC	Greensboro	Gary Mattevi	336-286-7073
NC	Harrisburg	Mark Cukro	704-363-6236
NH	Lebanon	Nicholas Bramlage	919-608-9279
NV	Las Vegas	Mica Cipili	702-214-6414
OH	Cincinnati	James Kelly	513-860-2310
OH	Deleware	Charles Riedmiller	740-362-2222
OH	North Ridgeville	Ed Powers	440-327-3688
OH	Oxford	Matt Strack	801-557-1124
OH	Youngstown	Tony Rinaldi	330-782-3869
OH	Niles	Jim Bundy	330-652-0121
OR	Beaverton	Jonn Nishiguchi	541-231-3495
OR	Gresham	Anibal Lobo	503-956-5925
OR	Corvallis	Mike Downing	541-929-5503
OR	Portland	Tom Tegner	503-964-1405
OR	Tigard	Joe Heller	503-360-8692
PA	Altoona	Allen Coble	814-312-3845
PA	Pittsburgh	Sonny Achille	412-531-2122
PA	Pittsburgh	David Wright	412-921-1530
PA	Verona	Joseph Cosentino	724-472-7373
SC	Hilton Head	Ben Rhodes	843-815-5500
SC	Spartanburg	Nathan & Adrian Hayes	864-381-7837
TN	Cleveland	Mike Jolley	423-716-2867
TN	Cleveland	Michael Chastain	423-284-3707
TN	Jamestown	Jared Wells	931-397-7382
TN	Johnson City	Keith Olson	423-926-9161
TN	Kingsport	Joe Booher	423-392-0584
TN	Knoxville	Mike Horihan	865-696-8000
TN	Knoxville	Earl Dunn	865-680-9493
TN	McMinnville	Robin Clark	931-261-4183
TX	Boeme	Constantine Theoharis	203-535-5852
UT	Bringham City	Jason Howard	435-770-5049
UT	Ogden	Mark Johnson	801-920-6500
UT	Park City	Mike Diaz	801-637-6122
UT	Pleasant Grove	Mark Balcer	801-785-0354
UT	Sandy	John Carlquist	801-561-2535
UT	Salt Lake City	Eddie Edmunds	801-414-9852
UT	Salt Lake City	William Bernales	801-463-1727
VA	Farmville	Jeremiah Bunker	434-607-6530
VA	Lexington	Seweryn Morgiewicz	540-464-7557
VA	Lynchburg	Jamie Ridgeway	434-846-5425
VA	Portsmouth	Willie Hunter	757-488-3882
VA	Richmond	Joe Gray	804-550-5115
VA	Roanoke	Dennis Hayes	540-345-8609
VA	Sterling	**Pedro Sauer**	703-444-4468
VA	Virginia Beach	Nestor Bayot	757-963-1717
VA	Virginia Beach	Frank Cucci	757-495-7070
VA	Winchester	Jennifer Wood / Kate Gregori	301-788-9461
WA	Bothell	Bryan Alvarez	425-486-4105
WA	Camas	Mel Locke	360-210-4588
WA	Everett	David Fiedler	425-870-2157
WA	Longview	Robert Slape	360-442-9943
WI	Milwaukee	Jake Klipp	414-737-5315
WI	Milwaukee	Jonathan Friedland	414-248-3595
WI	Waukesha	Reese Shaner	262-513-9924
Australia, Burwood		Robbie Singh	0430 154 012
Australia, Melbourne		Murat Karadenizli	0401 582 738
Australia, Templestowe		David Krstic	0419 365 970
Brazil, Petropolis, RJ		Breno Angelo	24 2237 4874
Brazil, Petropolis, RJ		Thiago Bertoni	11 7866 1779
Brazil, Sao Paulo		Thiago Bertoni	11 7866 1779
Canada, Foxtrap, NL		Jason Foley	709-834-0895
Canada, St. John's, NL		Alex Foley	709-237-5425
Canada, St. John's, NL		Michael Foley	709-738-8109
Chelmsford, Essex UK		Robin French / Peter Squire	-
Colombia, Floridablanca		Sergio Daza Suarez	311-476-6020
Iceland, Reykjavik		Johann Eyvindsson	-
South Korea, Seoul		Jeong Ho Lee	821043874200
Norway, Østfold, Halden		Jon Fannar	004797681704
Riga, Latvia		Jevgenijs Minajevs	37127616064

Pedro Sauer Brazilian Jiu-Jitsu Association (PSBJJA, llc) • 865-696-8000 www.PedroSauer.com info@pedrosauer.com

The Gracie and Gracie Jiu-Jitsu Trademarks are owned by Rorion Gracie and used under license.

BLACKBELTS for BUTTERFLIES

Deb Blyth

WHEN I FIRST STARTED WRITING ABOUT JIU-JITSU AND THE ATHLETES WHO GRACE THE MATS MANY YEARS AGO, I SAW VERY QUICKLY HOW TRANSFORMATIONAL JIU-JITSU WAS FOR PEOPLE AND HOW IT MADE THEM WANT TO BE BETTER PEOPLE. I discovered that jiu-jitsu is about as transformational as a caterpillar turning into a butterfly. It's really that remarkable. To this day, I still find it extraordinary how much jiu-jitsu changes people's lives in so many different ways, on and off the mats.

The first time I connected with Rich McKeegan, a two-stripe purple belt out of Manchester Bushido BJJ (a Pedro Sauer Affil te), I knew instantly I wanted to write about him. He was "That Guy" – that guy who was transformed by jiu-jitsu. I'm going to let Rich tell his own story below, but it's suffice to say that an extremely traumatic event in his community (that we all heard about as a nation) was tied to the best day of his life and changed it forever. In his moment of need for support and solace,

he turned to his jiu-jitsu family, and then reached out to the rest of community, and then to the nation, to make a difference, through jiu-jitsu, in the lives of others.

When I met Rich, he was very passionate in telling me about his "Black Belts For Butterflies" campaign. Basically, Black Belts For Butterflies is an idea that Rich came up with to get as many black belts on the mats for a seminar as he could, cram as much jiu-jitsu into every student's head as possible, and then donate all the money to Dylan's Wings of Change, which is an organization devoted to helping children with autism by helping to develop their intellectual and academic skills through new technology, and to create and provide funding for athletic programs that promote their inclusion and acceptance in their communities. While Rich's goal in jiu-jitsu is to get his black belt someday, he says more importantly, he wants to make an impact in society using jiu-jitsu. Rich says, "I want to make a positive impact. I want to inspire others to know that a regular, average guy like me can do something bigger than I thought I could, and so can they."

"The Wings of Transformation are Born of Patience and Struggle"
– Janet S. Dickens

Where did all this altruistic thinking begin? It started in a very interesting and bittersweet way. In 2009, Rich was at UFC 94 with his wife, Josie. Charles "Mask" Lewis from TapouT was cage-side talking to the Fertitta brothers. Rich caught Mask's eye and Mask acknowledged him, and then he and Josie were told to take their seats by Security. Mask climbed over the seats to get to them and yelled, "Those are my fans!" Mask took pictures with Rich and Josie and gave them his undivided attention for five minutes during a frenzy of chaos. However, during that time, he gave Rich the impression that he genuinely cared about their conversation. Mask passed away shortly after that, and during his tribute a clip was played where he stated, "It may not be me that touches a million people, but maybe I'll touch that one that will touch a million." Rich says, "He made an impact on my life in five minutes and I hold those words dearly. I hope that I can have that same impact on one person, or a million, but at least I will try to make a difference."

Rich's story:

On December 14, 2012, I woke up at 4:00 A.M. and made myself a cup of coffee. It was completely dark outside and very quiet. My wife was still asleep for another half hour before we had to leave for the hospital. It was the most exciting day for us because we were scheduled for a C-section to have our first child. We arrived at Hartford Hospital in Connecticut and our son, Jack was born at 8:20 a.m. He was healthy and perfect in every way. We were taken to the recovery room where we waited for our room to be ready. I walked out to the waiting area to share the good news with my in-laws, but everyone was gathered around the TV. There was another school shooting, one shooter, one person killed. But this was different. It was here in my home state; it was here in Connecticut.

When our room was ready, my wife and her parents went to it while I took my son to the nurse's station to get his first bath and shot. I was in a state of amazement looking at him. I wasn't paying attention to the nurses on the phones until I heard one say that something was wrong with the school shooting. Ambulances were going out, but none of them were coming back with injuries. In that single moment in time my experience of fatherhood was now intertwined with an event that will forever cast a shadow of sadness in my heart. That whole weekend we heard the news of the tragedy of the mass shooting in Newtown, CT at Sandy Hook Elementary school. The loss of 20 beautiful angels and 6 amazing educators was on every channel, a part of every conversation, and every person wore the same expression of grief. I left for work that Monday and cried during the 45-minute commute listening to the radio and hearing the details and all the names of the children. I made it through half the day and went back to the hospital to be with my little family, my little snow globe of joy in this world that was hurting with such a tremendous loss.

A few days passed and I knew I had to do something and do my part to help with this senseless tragedy. I thought of the best people I knew who had huge hearts...people with honor - my brothers and sisters in the jiu-jitsu community. I had been training for almost 5 years and was a blue belt and I knew quite a lot of people throughout CT and knew they could help me. I called two friends: a graphic designer and the owner of a police tactical store. Together we created 500 patches for BJJ players to put on their gi's in order to raise money for the UConn Scholarship Foundation for the victims of Sandy Hook.

I set up a Facebook page and asked people to post pictures wearing the patch. The "patch project" starting spreading to neighboring states, then to the midwest, and then all the way out to CA. One day I started chatting on Facebook with a black belt in OK, named Piet Wilhelm. I thanked him for his support, and he offered to come out for a charity seminar. I texted my Professor, Rob Magao, and within an hour we had Piet's flight booked and a date set for him to come to CT.

Piet came to CT in April 2013. He brought his purple belt Karl Stone with him and his third degree black belt friend Robert Defranco. Robert heard about what we were doing and wanted to be a part of it as well. He was a father of two, was profoundly touched by the Newtown tragedy and wanted to help. Between the patches, donations, and the seminar, we raise almost $7,000 for the Foundation. With that project I grew as a person, made great connections and some amazing friends across the country. One of those connections was Jennifer Jeff ey Carello who trained jiu-jitsu in Newtown and was friends with Ian and Nicole Hockley.

The Hockley's lost their youngest son, Dylan on that horrible day. I was inexplicably drawn to him. I hurt inside whenever I saw pictures of his little eye's smiling, and his contagious laugh that was transparent, even through a stolen moment.

During the summer of 2013 I kept thinking of other ways I could make an impact. Thoughts ran through my mind like a broken tape. Then I came up with the idea of putting together a BJJ "super seminar." I figured I would try and get as many black belts on the mat that I could and pack as much jiu-jitsu into everyone's heads as possible, and donate the money to Dylan's Wings of Change, devoted to help children with autism.

I went to train and tossed the idea out to my professor, Rob Magao. He said he would support me any way he could. When I mentioned all my ideas to him, he said, "Dream big!" So, I started texting and sending out messages to my black belt friends and immediately got responses like, "Absolutely! What else can I do?" I got in contact with Ian Hockley and told him about my idea. We met and discussed the possibilities and he shared his infectious enthusiasm with creating such an event. Ian not only inspired this event, but also became a true friend.

On May 18, 2014, 10 black belts came to teach a seminar across a three-day period. We received donations from hotel rooms and food, to a ton of gear to raffle ff. I never imagined what this experience would turn into; I never imagined the emotions that would run so deep among so many. Every day I would introduce the black belts and thank them for their time. Every day I would choke up, fighting back the tears from the sadness I felt from the tragedy and how proud I was to stand shoulder to shoulder

photo credit: Peter Oberc Photography

photo credit: Peter Oberc Photography

"It has been said that something as small as a butterfly flapping its wings can cause a hurricane halfway around the world. That a small change or single occurrence in one place can result in a large differences elsewhere. It redefines the future."
-Nicole Hockley

with such amazing people who came to help. We had people from across the nation teaching - not just jiu-jitsu techniques, but philosophies on life as well. Men who were warriors shared their personal accounts and experience with the Newtown tragedy and how it affected them. I watched as warriors fought back tears, shedding their invincible armors becoming the fathers, uncles, teachers, role models, and amazing caring people they are.

When the weekend was over and the gym was empty, I sat back and reflected on what had been accomplished and was filled with pride. I was not proud of myself for what I put together, but proud of such an event that I was able to be a part of, and proud of the people I shared the mat with. I couldn't thank the black belts enough: Piet Wilhelm, Jimmy Kodzis, Rob Magao, Jay Bell, Tony Gioff e, Robert Defranco, Brad Wolfson, James Foster, Dustin Rhodes, and Chris Watson. I was already daydreaming of the next event, what was going to take place, and what we could accomplish over the next year.

On April 24, 2015, we held the 2nd Annual Black Belts for Butterflies seminar. We had some amazing sponsors this year, including OSS Gear, Shoyoroll, Yolo BJJ, and Button Kisses Gi Embroidery who donated tons of product and support. Once again, the black belts came in from across the country to our tiny state of Connecticut. Piet Wilhelm, James Foster, and Robert Defranco returned and carried the torch, as well as the heart-felt message of hope that made the first event so powerful. Anthony Mitchell, Bryant Pangelinan, Josh Owen, Mike Wacker, Brian Beaury, Tim Burril, and Keith Owen also came and added their own piece of magic that created another amazing event. They not only taught their unique jiu-jitsu techniques, but also shared how the Newtown tragedy impacted their lives. Once again, warriors led with their hearts, speaking with conviction, and inspired everyone on the mats to be selfless human beings.

In 2016, we plan to hold an East Coast and West Coast Black Belts for Butterflies seminar. We are also working to create a jiu-jitsu program for children with autism and other special needs at Manchester Bushido BJJ where I train. The positive outcomes from last year to this year have been plenty, and we have only begun to gain the traction to make the impact we are capable of. One of the life lessons I take away from this event, and that I hold close to my heart, is that one person CAN make a difference. And the impact we make as a community will create a chain of positive events that leads to more positive change in our world.

BJJ has given me the confidence and fortitude to endure life's challenges, as well made me more selfless and positive in life. I have so many great life lessons that I can pass on to my son, Jack. I look forward to the day I get to share the mat with him.

If you want to help and/or follow Rich and his Black Belts for Butterflies campaign, you can do so on Facebook at: **Black Belts for Butterflies**, on Instagram at: **@RICHMCKEEGAN**, and on his website at: **www.blackbelts4butterflies.com**

EXCUSE ME: I NEED TO GO TRAIN

Marshal D. Carper

WHEN I WAS A BLUE BELT, I RAN A SMALL UNIVERSITY JIU-JITSU CLUB. One fall, we pooled our club budget with our personal funds to fly Matt Kirtley, an Eduardo de Lima black belt and writer behind the long-running Aesopian.com blog, from Florida to Pennsylvania to host a seminar.

At the time, Matt had just recently been awarded his black belt. Students asked the usual questions:

- How long did it take?
- Was it difficul
- What was your promotion ceremony like?
- How did it feel?

These are fairly typical questions for a black belt, but one question in particular caught Matt's attention: What do I have to do to get to the black belt level?

Matt, sitting cross-legged with his hands on his knees, paused for a moment. After some consideration, he said:

"Go to class. That sounds simple, but it's really the hardest thing for people to do. You have to go to class every week for years. Going to class when jiu-jitsu is new and fresh and exciting is easy. The not-so-secret secret is to go to class when you don't want to. You are allowed to not want to train as long as you get in the car, walk in the door, tie your belt, and train anyway. I feel like that's a cheap answer because everyone wants some insightful look behind the curtain, but that's it. Go to class, and keep going to class."

Matt has since become a good friend, and his advice has stayed with me, especially on the days when deep down inside of me I am frustrated with training and hate jiu-jitsu.

One of the most inspiring people you will ever meet is that man right there. Go to kyle-maynard.com.

Yes, as much as you might love the sport, there will be times when you despise it.

Jiu-jitsu is not like the average hobby. If you take a few years off of painting model cars, you might feel a little stiffness in your brushstroke, but you will not feel terrible about spending time away from your miniatures. Miniatures don't get better than you while you are away, and they don't show you how much they have improved by dragging your silly not-been-training body up and down the mat, sprinkling in submissions for good measure.

Jiu-jitsu is not like most hobbies.

THE ROOT OF EXCUSES

The old saying goes, "No Excuses." We've plastered it on posters and t-shirts, and coaches have yelled it to students as they struggle through a challenging round. Excuses are a problem, but they are a symptom of a deeper problem. When we understand the source of excuses, we can better equip ourselves to conquer them when they arise.

Here are the common roots of excuses:

▸ **FEAR.** You might be afraid of trying something new. Of failure. Or hard work. Of getting hurt. Of being embarrassed. Of losing. Of not being good enough. When you are afraid, your mind will find any way possible to escape what it perceives as a threat. If your excuses are rooted in fear, you have to address what you are afraid of in order to overcome it.

▸ **BOREDOM.** Jiu-jitsu is a long road. With a black belt roughly 10 years away and training expected to continue long after that, you have

HACKING AWAY THE SYMPTOMS

While you seek out the roots through the weeds, you still have to deal with the growth on the surface. Here are five excuses, and how you can deal with them in the short term while you play Freud on the real problems.

1. "I'm too tired to train." Get to bed early and on time and keep some pre-workout drink handy for the days you're feeling too drained to get out on the mat.

2. "My significant other wants me to stay in." Your personal relationships are important. Talk with them about your priorities and agree on a training schedule (a compromise) that makes everyone happy.

3. "Tonight's class is too hard." Yes, that's the point. No one expects you to blow through it like a super hero. Do your best, even if it means failing. If your instructor and classmates don't respect you trying, you need to find a new school.

4. "Class isn't fun anymore." The sheen will wear off. Make it a point to work with a training partner that makes class fun or take a private lesson to find new challenges to take on.

5. "The couch is so comfortable." Yes, couches are made to feel like that. About halfway through the class time that is going on without you, I promise you, you will regret not going. Knowing that you will regret it will make it easier for you to get up and train.

to expect that the honeymoon phase will wear off. You will hit a plateau, and your interest will waiver. When you get bored, you have to find ways to take control of your training and inject new energy into your training to make it interesting again.

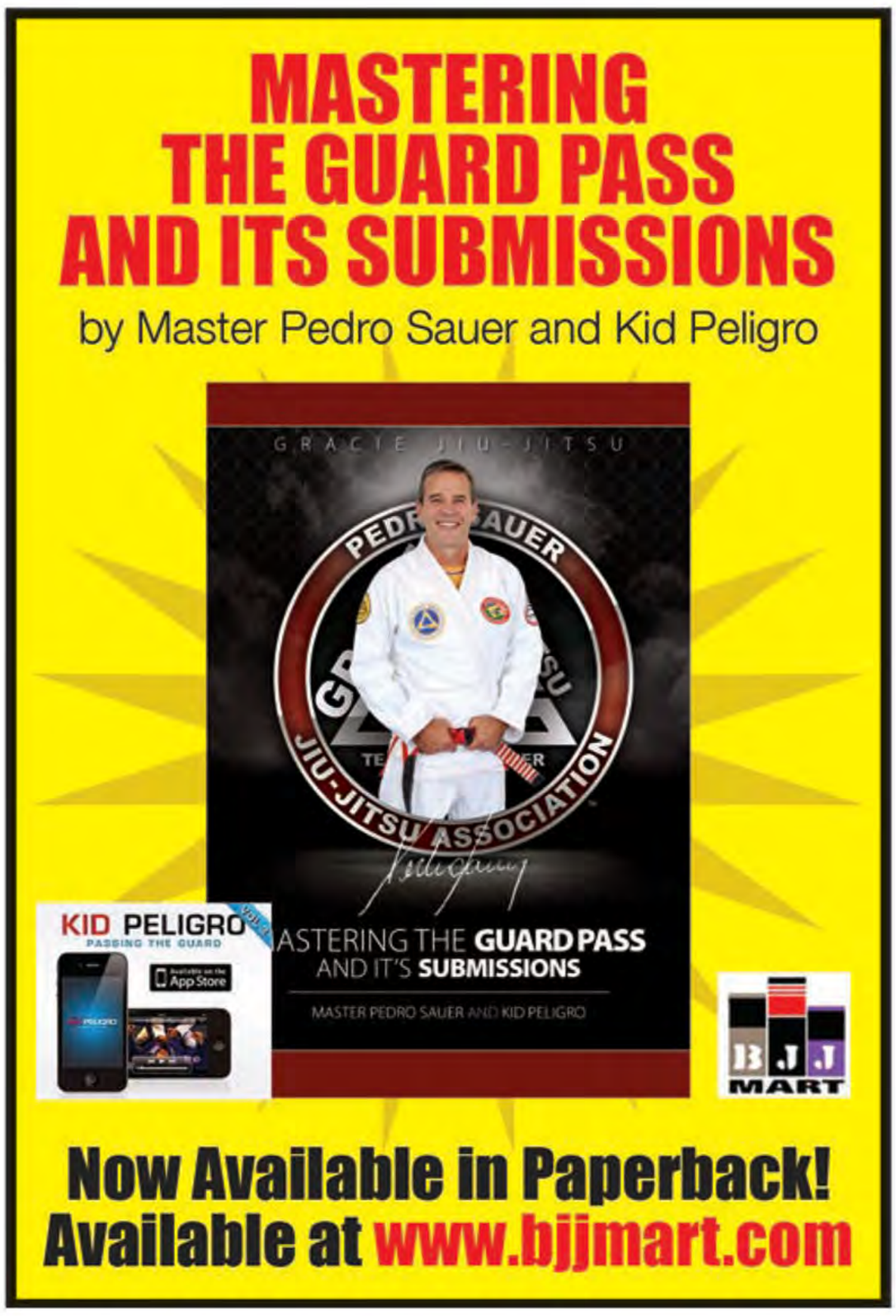
▸ **PRESSURE.** Outside forces can affect how you feel about your training. Your job, your family, and your friends can complicate your priorities. That is not to say that these things are not important (they are!). Rather, if you can't balance the demands on your life, you might find yourself not enjoying training and looking for a way out.

These are powerful, complicated forces. Understanding how they work will help you to better understand what might be holding you back. Personally, I've dealt with excuses rooted in all of these areas. When I had my second knee surgery, I was terrified of getting hurt again and having to go back for surgery. Truthfully, that fear still holds me back from time to time. I have gotten bored with my training and had to seek out new sources of inspiration and knowledge to keep me engaged. Not long after my body fell apart, I got married. I had to recognize that like my training, my marriage needed attention and dedication to blossom.

In each case, the excuses I used to duck out of training or to not train as hard as I should have masked their real source. Your excuses are likely playing the same game.

The journey may be long, but it's an opportunity to become better. You won't just become better at jiu-jitsu, but you could become a better person along the way. You might learn more about how you work and who you are, which has value beyond the mat.

So go train. *jjm*



LOYAL®
'TIL THE END
@LOYALBJJ
WWW.LOYALBJJ.COM

SEARCHING FOR THE
BEST PAIN RELIEVER
ON THE PLANET?
BATTLE
BALM
YOUR
PAIN
BATTLEBALM.COM

FUSION·FG
WHERE BRAZILIAN JIU-JITSU
AND POP-CULTURE MEET
Officially Licensed BJJ Apparel
fusionfightgear.com
TOP GUN
STREET FIGHTER

GRAPPLING COAST-TO-COAST

ON ANY WEEKEND IN ANY CITY THERE'S PROBABLY SOME FORM OF JIU-JITSU BEING CONTESTED. With so much going on we thought we'd dedicate this section of the magazine to give you a look at some of the great grassroots grappling going on across the country and around the world. Event coordinators, if you have photos and information about your recent tournament, be sure to let us know, better yet, let us know about it as far in advance as possible and we might be able to list your upcoming event here. Email us at **feedback@jiujitsumag.com**

BJJ TOUR GOES EAST!

The BJJ Tour traveled to the North East for the second year in a row by hosting a tournament on June 13th at the Wheeler Recreation Center Field House in Bridgeport, CT. The event was filled with spectators to see the likes of Paulo and Joao Miyao win their black belt divisions and go home with $1000. The tournament caters to all age divisions and belt ranks with winners in some divisions taking home cash prizes. The Soul Fighters team was the most dominate at the tournament, going home with the first place team award for the adult division. Photos: Alex Lopes

bjjtour.com

YOU'RE AN ALL-STAR

On Saturday June 20th at the Kaiser Permanente Arena in Santa Cruz, CA, the All Star Brazilian jiu-jitsu tournament was held. Fighters like Yuri Simoes from Caio Terra Association took home gold in the open weight division. Samir Chantre, also from Caio Terra Association won his division as well. Overall many academies and teams from all age ranges and divisions were represented at the All Star. Photos: BJJ Tour and Dan Wilbur

bjjtour.com

Newbreed South Florida

Down in Florida, the Newbreed South Florida Classic was held on June 27th. Located inside the Coral Springs Gymnasium, many competitors fought hard but Fight Sports – Black House got top honors for the adult teams. American top team took home 1st in the youth divisions. Also from American Top Team, Vitor Schlosser took 1st in the Qualifier for the Ultimate Grappler (TUG).

newbreedgear.com

AGILITY FOR JIU-JITSU

Will Safford Larry Ranches

AGILITY IS THE SUM OF AN ATHLETE'S COORDINATIVE ABILITIES. It includes balance, spatial orientation, reactiveness, rhythm, speed, and adaptive and combinatory ability. Often, at the higher levels, we can see jiu-jitsu players who seem to flow effortlessly between positions, attacks, and counters. They appear almost as if the match or roll was rehearsed, and are ready for every transition and sequence. This is agility at work. Natural athletes possess these qualities inherently, however the majority of us need to work to develop them. Jiu-jitsu is a dynamic martial art, requiring an arsenal of athletic abilities including strength, endurance, and flexibility, to name a few. Agility, however, may be one of the most important, as it incorporates multiple abilities, specific to motor skills and the control of one's own body. Luckily, there are certain exercises we can perform to develop and improve agility, regardless of our current level.

Let's look at the qualities that make up agility.

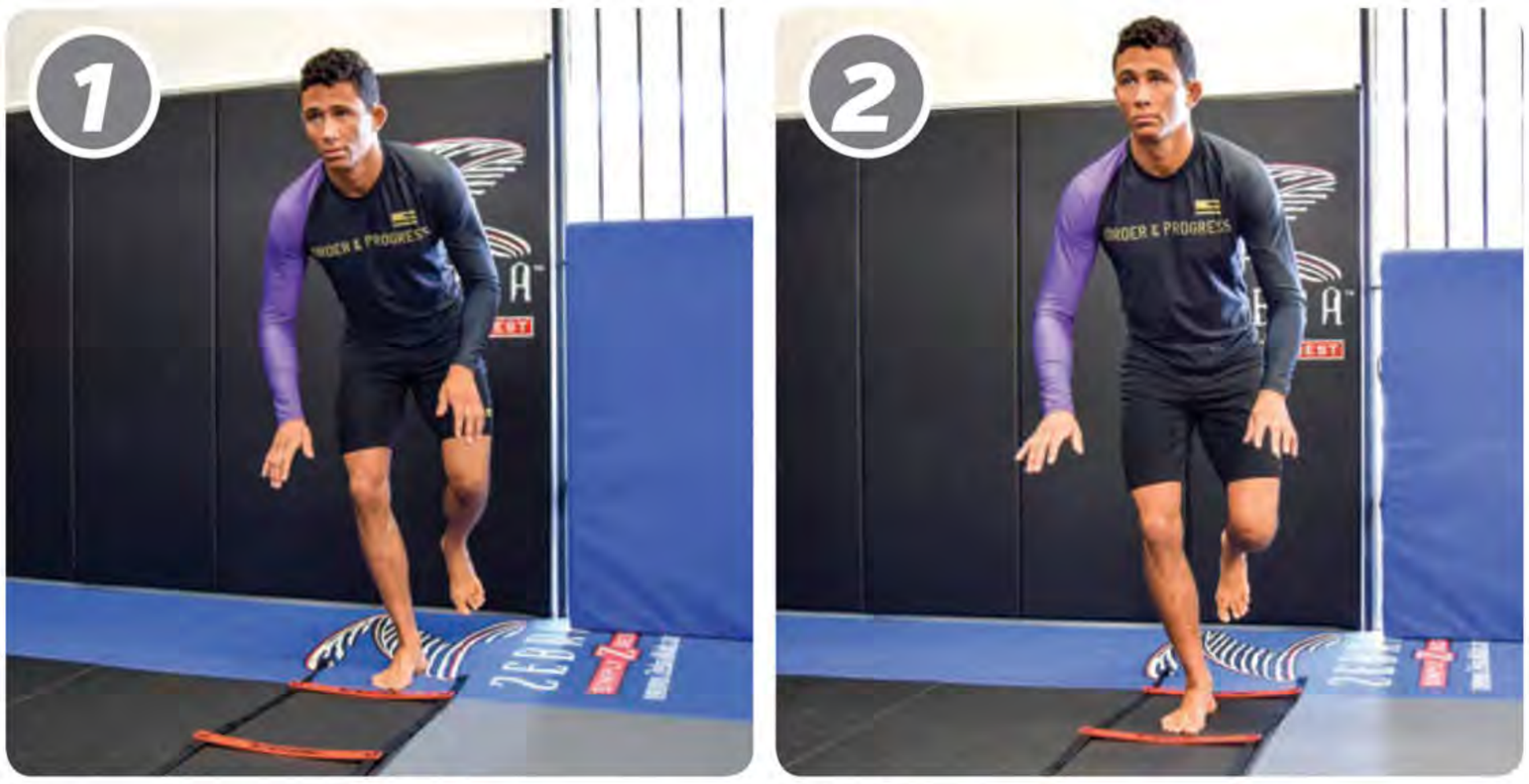
- Balance is the ability to maintain equilibrium, either when moving or remaining still. In jiu-jitsu, this is the ability to stay standing when your opponent has you in a single-leg, or tied up in X-guard.
- Adaptive ability is modifying your actions based on observations or anticipating changing conditions. This is changing from one guard to another when your opponent is threatening the pass, or redirecting your passing efforts when your opponent has overcommitted to one side.
- Combinatory ability is coordinating your body movements to perform an action, or pulling with your upper body and pushing with your lower body to force a sweep.
- Spatial orientation involves the ability to control your body movements in relation to the surrounding environment. With respect to jiu-jitsu, this is being able to maintain control when going inverted, or gauging the accurate distance and speed needed to successfully shoot for a takedown.
- Reactiveness is the ability to quickly and accurately respond to external stimulus. This would be sprawling on an opponent's takedown shot, or quickly countering a Berimbolo attempt.
- Rhythm involves implementing motion with timing, pattern, and variation, or perfectly timing a takedown or sweep after a feint, or smoothly transitioning from one pass sequence to the next based on the speed of your opponent's defensive counters.
- Speed, or rate of motion, although not a true quality of agility, typically go hand-in-hand. Often the qualities of agility must be performed quickly, so developing them with speed is an important aspect of agility training.

THE FOUR BEST EXERCISES FOR INCREASING AGILITY

1. Single Leg Lateral Hop

The single-leg lateral hop drill is an excellent agility drill to improve single leg balance, strength, coordination, and stability. Often in jiu-jitsu we find ourselves only on one foot, so it is important to train with single leg exercises, especially dynamically. This drill works muscles you would use to defend a single leg takedown, or finish an X-pass on one leg. The drill is performed entirely on one leg, so strength endurance is developed in the working leg, as well as stability of the ankle, knee, and hip.

Start on one leg next to a speed ladder and hop one foot into the box landing softl on the ball of your foot with a bent knee. Quickly hop laterally forward and out of the box, again with a soft l nding and quick response time off the ground back into the next box. Repeat this up the ladder on one foot and then repeat on the way back on the opposite foot.



2. Ickey Shuffle

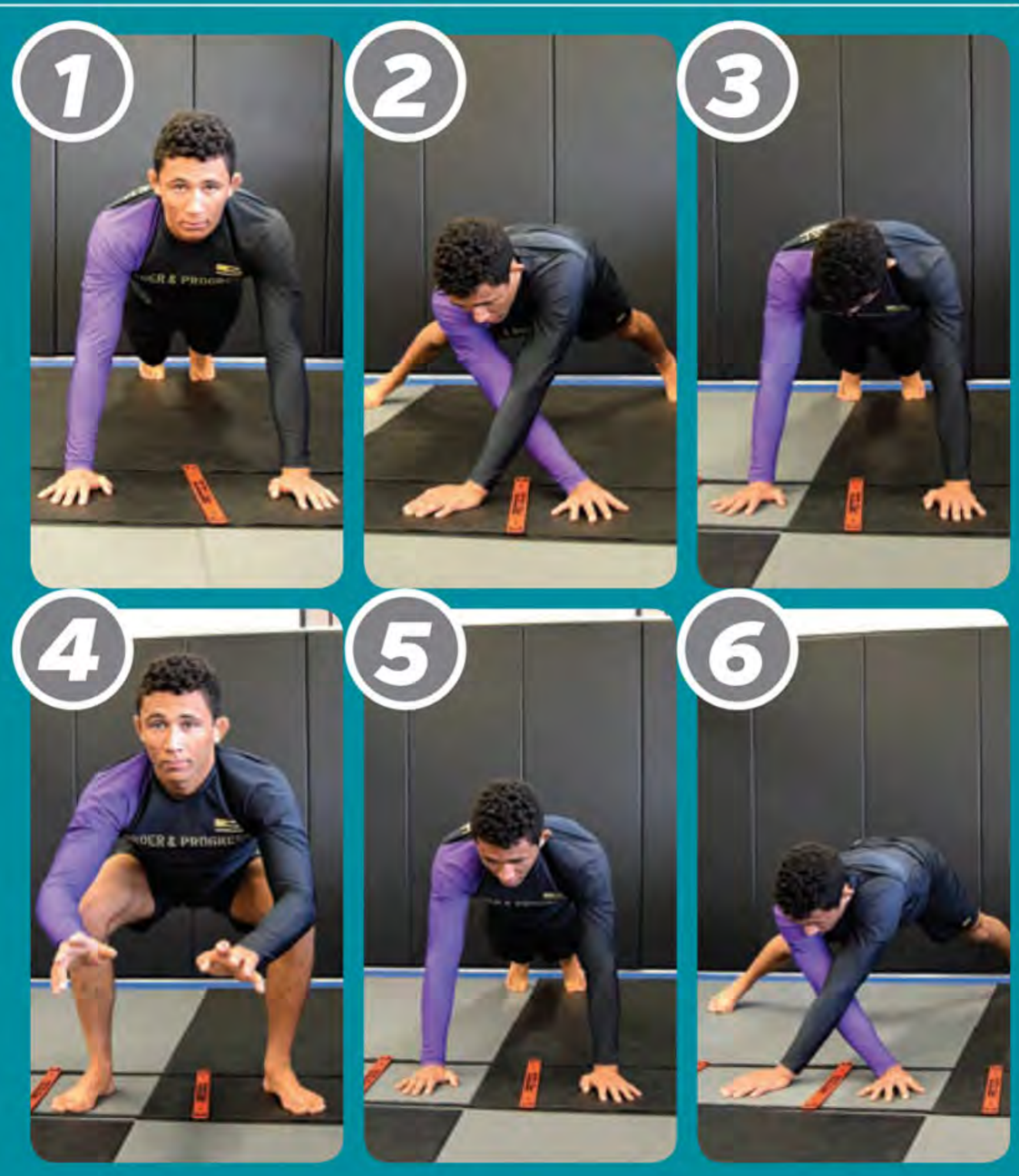
The Ickey Shuffle is a classic ladder agility drill that is used to develop coordination, speed, and rhythm. When learning this drill it's best to perform it slow, with a set tempo in mind. The phrase "right-left-right / left-right-left helps develop rhythm and coordination. Once the proper footwork is learned, attempt to develop speed and fluidity by pushing the pace and trying to get your feet back off the ground as quickly as possible. This drill will serve the standing passer well, as it develops quick feet and rhythmic footwork, as well as developing the neuromuscular connection with the feet, something jiu-jitsu players lose with so much time spent in the guard position.

Stand next to a ladder with knees bent in an athletic stance. If starting on the left side of the ladder, step your right foot into the box as the left foot comes off the ground. Now, moving laterally, step the left foot into the box as the right foot comes off the ground and moves to the outside of the box. When the right foot is planted outside of the box, the left foot comes off the ground. You repeat the sequence moving now to the left, but in the next box up on the ladder. Repeat this sequence [right-left-right / left-right-left] up and down the ladder staying on the balls of your feet, and attempt to stay low throughout the duration of the drill.

3. Crossover Tactical Pop Up

This is a dynamic full-body exercise that develops many of the qualities of agility, including combinatory ability, spatial orientation, reactiveness, and speed. This exercises also mimics jiu-jitsu movements while challenging the cardiorespiratory system. Start in a pushup position facing the ladder with each hand in a box. If moving to the right, step your right leg out about two feet to the right as you cross your left h nd over your right, placing it in the box to the right of your right hand. Move your right hand to the box to the right of that, and bring your left foot to meet the right, so you end up again in a pushup position. Now, jump your feet into the boxes, replacing your hands. Come up in an athletic combat stance, then quickly drop back down, replacing your feet with your hands. Continue this pattern moving to the right down the ladder until you reach the end. Repeat this sequence on the way back, now moving to the left.

At first, this movement will feel awkward and take some focus to coordinate the movements of the hands and feet. Once you develop the pattern however, you can speed up the transitions and begin to make the exercise smooth and agile. Essentially, you are doing a set of moving sprawls or burpees. Be sure to keep your core tight when transitioning laterally in the pushup position, and land with soft feet and hands popping up from the sprawl and back down, respectively. This exercise will develop full body agility, mental focus, and cardiorespiratory conditioning.



THE BEST BANG FOR YOUR BUCK!

SUBSCRIBE TODAY AND SAVE!

WHAT'S FOR DINNER? TWO WORDS – MEAL PREP!
jiu-jitsu magazine
NUTRITION, CONDITION, TECHNIQUE, SUBMIT
IN THIS ISSUE
+ Agility Training For Grapplers
+ Correcting the 5 Most Common White Belt Mistakes
+ No More Excuses!
CAUGHT ON TAPE!
Utilizing Your Competition Footage
HALEO
ANDRÉ GALVÃO
CLOSED GUARD LIKE A BLACK BELT
Leticia Ribeiro
Perfects Your Knee Slice!

THE BEST DEAL

24 ISSUES

2 Years for Just **$74.99**

Save 48% off the newsstand price and get a **FREE** T-Shirt*

GET 6 ISSUES
(6 months) for **$24.99**
(Save $23 Off The Newsstand!) 47% Off

-OR-

GET 12 ISSUES
(1 year) for Only **$39.99**
(Save $46 Off The Newsstand!) 58% Off

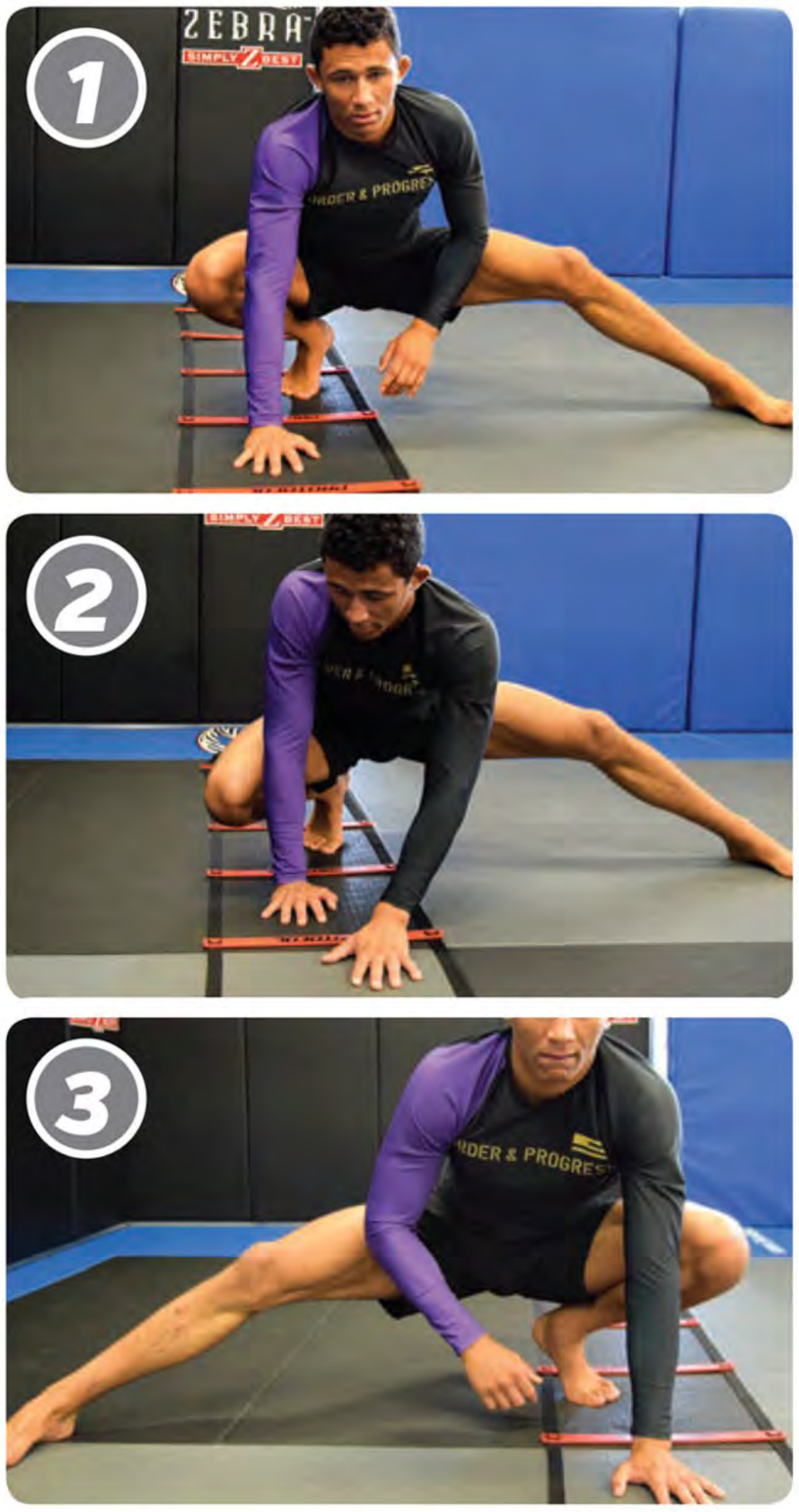
Find Us Online and Subscribe:
WWW.JIUJITSUMAG.COM
/jiujitsumag @jiujitsumag @jitsumag

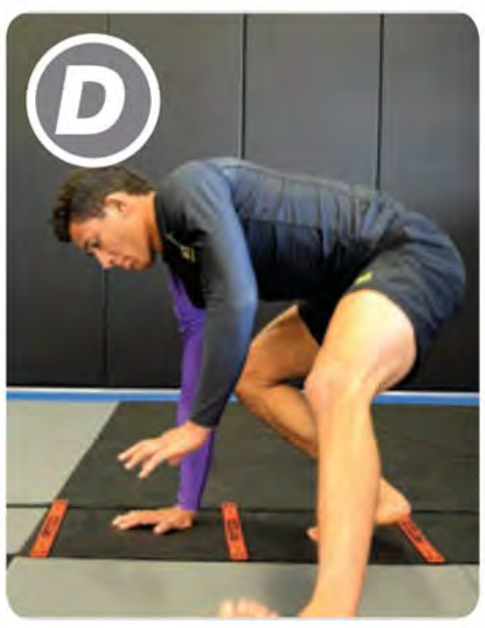
Canadian residents add $20 for postage per year.
Foreign residents add $60 per year for postage.
Allow 2-3 weeks for delivery of first issue.

4. Knee-On-Belly Shuffle

Most agility drills are designed for sports that are performed on the feet. Although jiu-jitsu matches start from the feet, most of the match take place on the ground. It is important to train in positions similar to what you will experience on the mat. This particular exercise simulates transitioning laterally from a knee-on-belly position. If you stay low during this exercise you will feel this exercise in areas that are hard to train with weights.

First, assume a knee-on-belly position with your right foot in the box and your left foot extended out for base. Your right hand will be in the box in front of your right foot. Place your left hand into the box in front of your right hand and then transition your left foot into the box where your right hand was. Extend your right leg out to the side. Continue this motion up the ladder and repeat back down. Try to maintain a low position with good posture throughout the drill. Start slow, eventually adding speed and fluidity to your movement.





PUTTING IN THE TIME

These exercises can be done once or twice a week, as well as individually for sets, or combined in a circuit. It's best to perform agility training in the beginning of your workout, after your warm-up. You want to be fresh and not fatigued when training agility due to the mental component of this type of exercise. If you are tired and fatigued, you will most likely perform inferior movement with sloppy technique, and this is what will be engrained in your mind-muscle connection. Agility is an extremely important part of jiu-jitsu and will help you maintain balance, transition smoothly, and ultimately improve your game. As always, the best training is done on the mat; however, these drills can help you develop agility. They're best learned slowly, then with added speed and purpose. *jjm*

4 Rounds

(Each drill performed up and down ladder)

- Single-leg Lateral Hop
- Icky Shuffle
- Crossover Tactical Pop Up
- Knee-On-Belly Shuffle

CLASSIC VS. SPORTS HERNIA

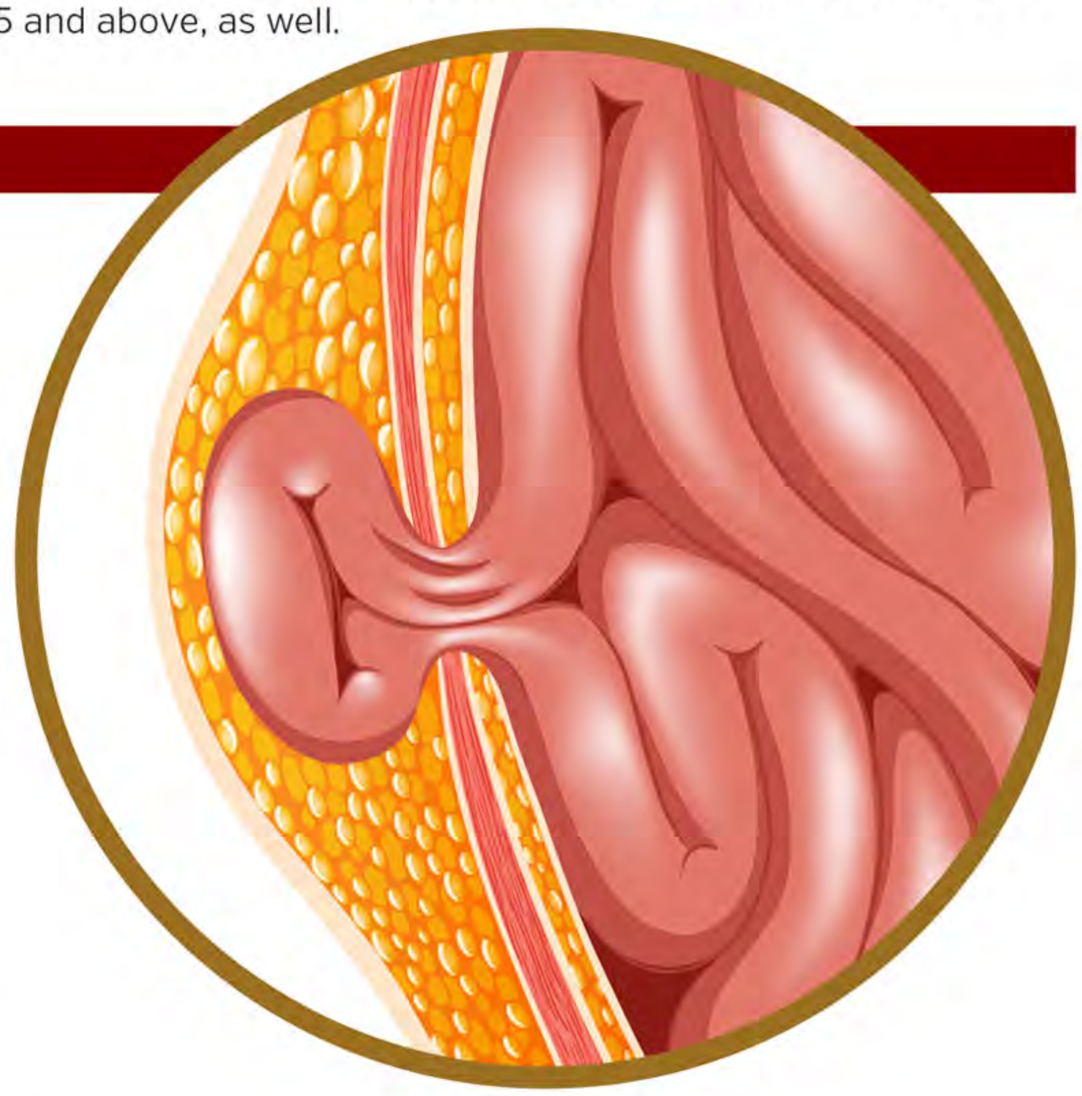
YOU SHOULD KNOW THE DIFFERENCE

Mike Velez
Ethan Kreiswirth PhD ATC

MOST MALES WHO PLAYED SCHOLASTIC SPORTS AT SOME TIME IN THEIR LIVES WILL RECALL THEIR FIRST PRE-PARTICIPATION PHYSICAL. How could you forget?! After a few boring tests of blood pressure, lungs sounds, and oral temperature, the physician asks you to drop your shorts, turn your head, and cough as he places his cold latex glove under your testicles. Not the most pleasing of exams. Most likely, the amount of humiliation at that age far outweighs any potential finding of an inguinal hernia. Never the less, classic, also called inguinal hernias occur in males more than females, so the hernia check may be necessary to rule out any potential issue. Statistics suggests that the ratio of inguinal hernias is 8:1; male to female. Additionally, they can affect 1-3% of young children. Although the incidence may be high in adolescents, the risk increases in ages 75 and above, as well.

What is a Classic Hernia?

The word "hernia" in Latin means protruded viscus or protruding organ. The meaning is directly related to what happens during a hernia. A small triangle in the low abdominal area, called the inguinal ring, houses many tube like structures, such as the ilioinguinal and genitofemoral nerve, as well as the spermatic cord in men. When injury to this area occurs due to muscle strain, these structures, along with internal organ tissue can protrude through the ring. During a routine physical exam, a physician may ask you to bear down or cough. What they are looking for is a protrusion of viscera through the ring. A noticeable bump accompanied with pain, sometimes, will be present if there is a hernia. Interestingly, not all hernias present this way. Many times, an athlete may have groin pain, although no protrusion is present upon bearing down.



Treatment of the Classic Hernia

If an inguinal hernia is present, treatment can be as easy as reducing the bulging tissue by pressing it back into the ring area. Although this may be a bit disturbing, having tissue extruded from the body over time, can create strangulation of viscera and cause a bowel obstruction. If the inguinal hernia is large enough and not stable, surgery may be recommended to repair the inguinal ring. The surgical procedure for a classic hernia involves placing a large mesh around the area. Surgeons may use a sterile, woven material made from a synthetic plastic-like material, such as polypropylene. The mesh can be in the form of a patch that goes over the weakness, or it can be in the form of a plug that goes inside the hole. Mesh is strong, yet flexible to allow for the body's movement and position during activity.

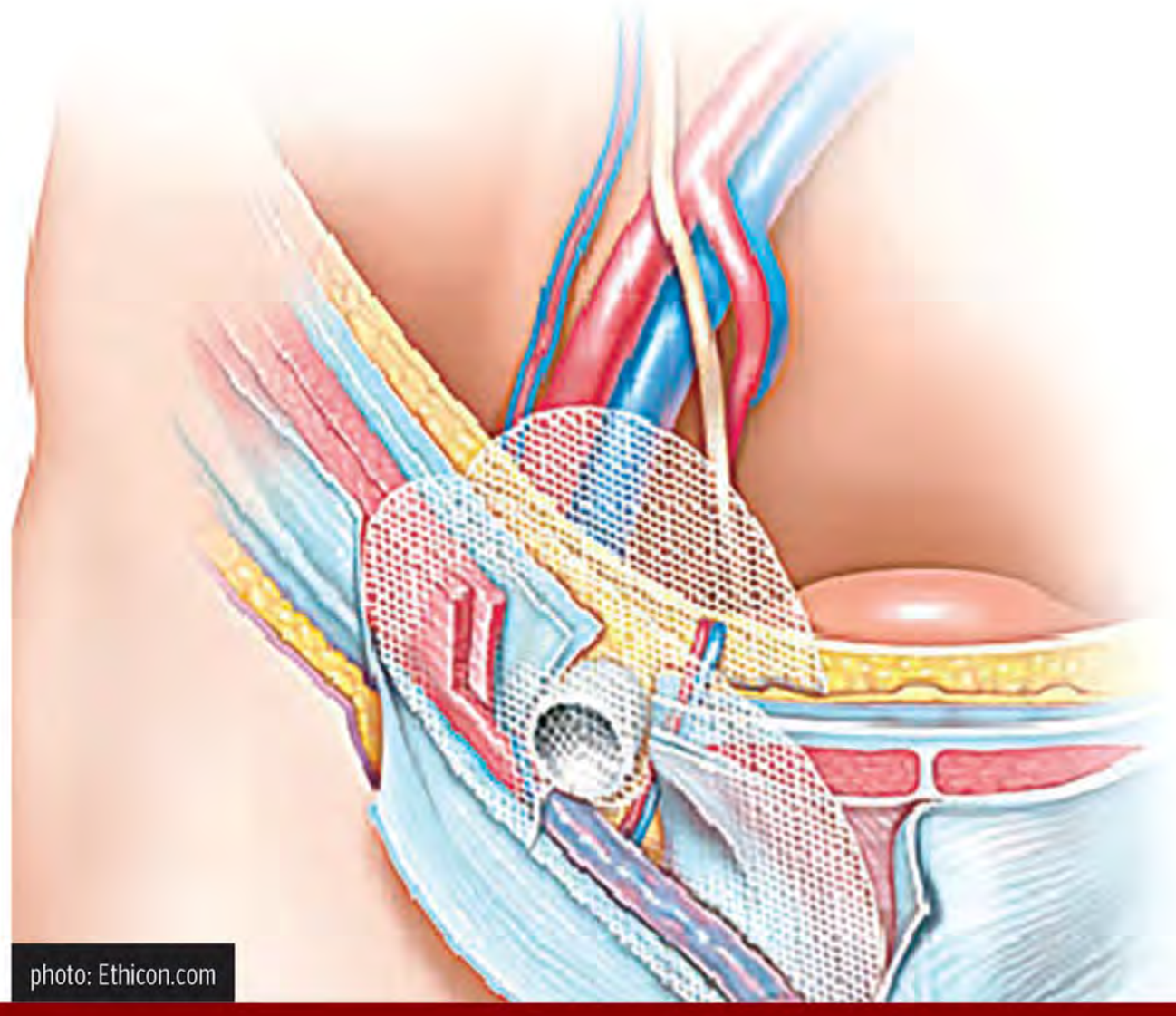


photo: Ethicon.com

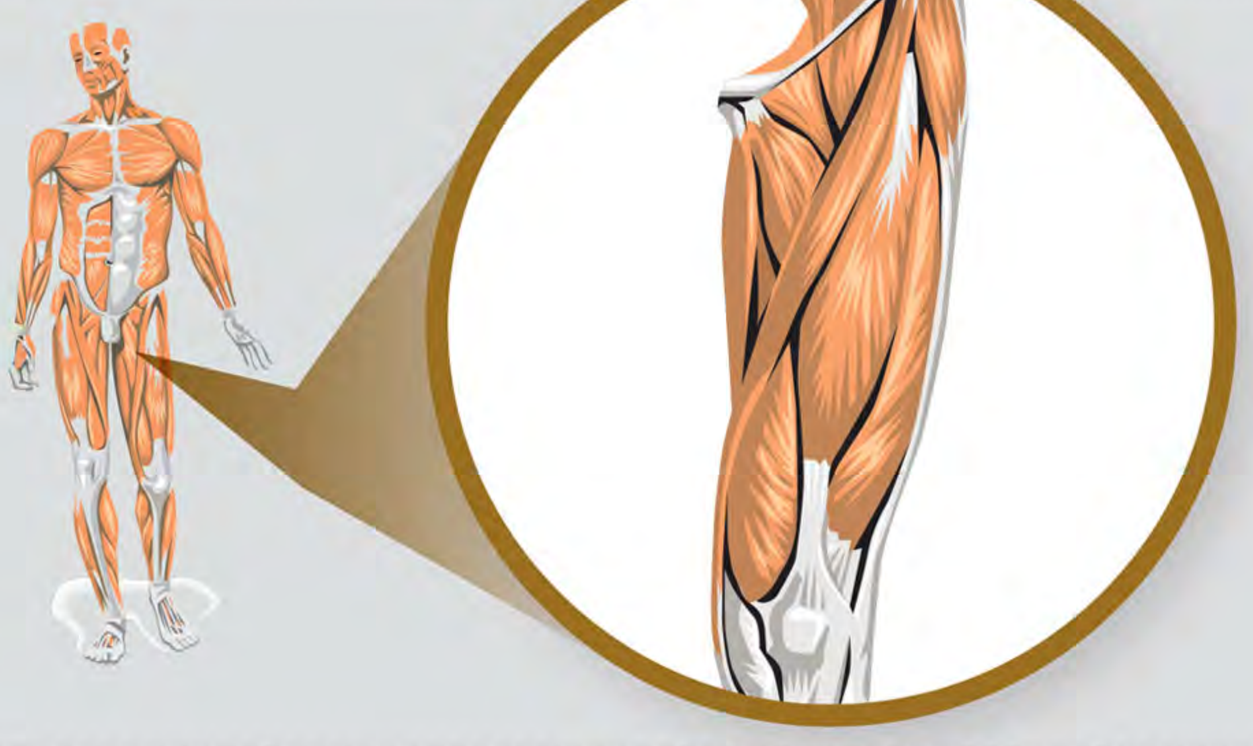
SPORTS HERNIA

To better familiarize yourself with different types of hernias, it is necessary to understand each of their clinical presentations. Unlike a classic hernia, the Sports Hernia presents differently. This type of hernia does not create any abdominal protrusions. Furthermore, there may be a gradual onset of pain in the lower abdominal area, which actually begins as groin pain.

The Sports Hernia does not have the same structural problems as the classic hernia. Sports Hernias typically occur in athletes that incorporate quick changes in direction. For example, a jiu-jitsu or MMA fighter who is attempting a throw or a MMA fighter who attempts a kick can be the victim of the sports hernia over time due to their rotation component of movement. Sports Hernias are not acute injuries, such as the classic hernia. Classic hernias may follow one event that caused pain in the lower abdominal region, such as a heavy lifting session. Sports Hernias occur chronically, as certain groin muscles become under active or weak, due to previous injury, while an over active lower abdominal region becomes over worked and under constant tension. If injury occurs to hip flexor or groin musculature, the lower abdominal wall will take up the slack for stability in the region and place undo stress, thus creating an abdominal tear.

Caption here

Major muscles of the groin and hip flexors work in tandem with each other to create a strong hip flexion and adduction factor. This, often times, occurs in guard positions. Jiu-jitsu fighters use their groin and hip flexors a lot to overcome their opponents in various positions, especially the guard. Many times groin or hip flexor strains occur. As pain in this region sets in, the athlete will compensate to avoid the most painful position, this, resulting in a Sports Hernia.



TREATMENT OF THE SPORTS HERNIA

Understanding that the Sports Hernia is truly an issue of weak hip flexors and groin musculature is the essence of a good treatment program. Although the lower abdominal wall may be injured, the treatment needs to occur at the source. Elongating the hip flexors, in addition to strengthening the adductors, will free up limited range of motion needed for the hip joint. Focusing on strength training, the already injury abdominal wall will delay the healing process and potentially reinjure the area. If an athlete is suffering from pain in the lower abdominal region, it would be best not to attack the site of pain with exercises. In contrast, direct all attention to muscles that surround the area, such as the glutes, hip flexors, abductors and internal rotators. Once the lower abdominal pain has subsided, then light core work can begin.

Below is a sequence of rehabilitation exercises to aid in treatment of both types of hernias. All exercises should begin with two or three sets of 10 repetitions.

HIP EXTENSOR SERIES

Double leg hip bridge

Drive heels through floor. Squeeze glutes at top on bridge.

Single leg bridge holds

Drive heel through floor while pinching ball in opposing hip flexor. Keep hips parallel to floor at top of bridge.

TRANSVERSE PLANE SERIES

Ball Rollouts with Internal Rotation

Keep hips parallel with floor while rolling forward on ball. Bend knees inward to create stretch on hip external rotators.

Side Bridge - Short Lever

Drive knee and elbow through floor while maintaining flat ribs.

Side Lying Adduction

Lift b ttom leg to meet top leg and squeeze. Do not move hips back and forth.

RESISTANCE SERIES

Lunge with Forward Foot Lifts

Maintain lunge position while briefly lifting front foot for 2 seconds.

Lateral Lunges

Maintain upright chest and torso position with hips back. Maintain vertical shin position in full lunge.

Key Points

- **Never work through pain** in the lower abdominal region. If pain is present while performing corrective movements, discontinue that exercise until pain subsides.

THE BOTTOM LINE

Whether you have a classic or Sports Hernia, getting properly diagnosed is of paramount concern. Procrastination of diagnosis of both injuries can delay recovery time, in addition to fostering a cascade of events that will lead to further complications. Understanding the difference of each hernia type will be beneficial in the correct treatment course and rehabilitation regimen. *ijm*

Powered By: Gameness

THE JOURNEY

By Ren Costantini

IT'S PEACEFUL. Every time I step onto the mat it's like walking into a completely white room, and once that door shuts behind you, you're left to yourself. I use to be afraid of being left alon to my thoughts. When depression completely overwhelmed me, I avoided any time with myself in fear that thoughts of suicide would overtake me. Now it's a little different. I look back and I mourn. Not because life was hard or that I felt weak, but that I had yet to find the missing puzzle piece.

Slightly cushioned my foot barely seeps in as one foot follows the other onto my eternal playground. A lot of people speculate, make false or moronic assumptions that this sport is easy or stupid. If it were so easy, everyone would do it. So why is it that very few and far between participate, and even fewer reach an elite level? The current participants all have a reason because we all have our fight. Everyone has their own unique fight.

I was bullied. Not physically, but sometimes I wish I was. My bullies mentally harassed me into a feeling of insecurity, so much so, that being myself seemed a waste of time and wrong. My even being was a waste of space. This is where my true journey began. In the 7th grade, my parents divorced during the period I was bullied. How most kids who have it worse than me survive, I don't know. I truly admire them. I barely made it. After advancing from the hell that was middle school, I tediously approached public high school thinking it would be better. I was wrong.

Two good things that came from high school. First was the girl I've been now dating for four years. In attempts to impress her, I began liftin weights and somehow ended up on the wrestling team. I liked the contact, conditioning and mental toughness. I hated the fact that if you were on your back, you lose. I digress, the second good thing that came from high school was finding jiu-jitsu

While I have only been practicing this beautiful art form for roughly a year and a half, I am positive I will be a part of the sport until the day I kick the bucket. Now I'm out of high school and into the real world. I haven't been bullied since my freshman year. I won't allow it again.

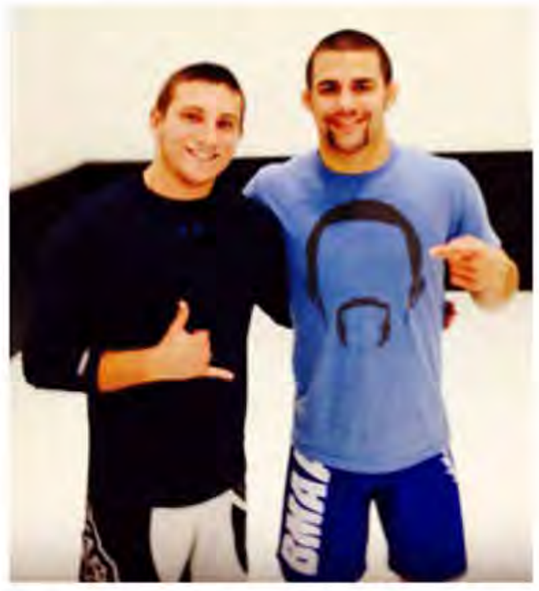
I have strength confidence and the abilities to overcome adversity. These traits did not come from jiu-jitsu, but they were discovered by me practicing jiu-jitsu. Miyamoto Mushashi once said "seek nothing outside yourself," and in the instance jiu-jitsu was the flashlight that led to the tomb in which these traits lay waiting.

I found a family within my teammates, more of a family then my own flesh and blood. Through rigorous training sessions followed by discussions of life or even just jiu-jitsu, I slowly formed into the man I am today. I now look in the mirror and am proud of my reflection.

I write this little piece to hopefully persuade whoever is reading this to reach out to any child, kid, or adult who is being bullied or at a difficul juncture in their lives. If I had one bit of advice to give to anyone being bullied, start jiu-jitsu.

You may feel hopeless like I once did, maybe even depressed. The medication may not be potent enough, but I can tell you that there is hope. There is immense strength inside of you, or whoever you see struggling. Allow them, or yourself to discover a new individual, and a better life through jiu-jitsu.

My strength, love and hope goes out to anyone being bullied or experiencing tragedy of any kind. You will make it through. There is a hope, and it's called jiu-jitsu. JJM



Jiu-Jitsu is about Defense.

Including defense against dangerous microorganisms on the mat.

Defense Soap . The World's # 1 Jiu-Jitsu Soap.

- Natural ingredients clinically proven effective against:
  MRSA, Ringworm, Staph, Impetigo, Herpes, Jock Itch & Athlete's Foot
- Revitalizes your skin, removes viruses, bacteria and fungi
- Manufactured in the USA in FDA regulated facilities

Defense Soap. Defend what you have built.

www.DefenseSoap.com

13000 Athens Ave. Ste. C313 | Lakewood, OH | 44107 | 866-544-1689

ULTIMATE NUTRITION®

ISO MASS XTREME GAINER

BUILDS WARDROBE RIPPING MASS AND SHREDDED MUSCLE

- 65 g of protein
- 7 types of fast-acting creatine
- 4 muscle-pumping N.O. precursors
- 3 mass-generating carb sources

PROTEIN ISOLATE

LACTOSE-FREE PROTEIN DELIVERY

- 20 g of wheat protein
- 6.5 g of glutamic acid/glutamine amalgam to jack-up energy

TRIBULUS

SUPPORTS ELEVATED TEST

- Features our 750 mg blend (extract and parts) to promote anabolism

©Copyright 2015 Ultimate Nutrition. All Rights Reserved.
These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

MASS CONSTRUCTION

Weapons of

The **Critical Mass Project Stack**

It's worth the weight.

Summer will be here before you know it. Are you gonna do what it takes to make heads turn on the beach … or be left out in the cold?

The Ultimate Nutrition® Critical Mass Project is a step in the right direction. Featuring 3 high-powered mass-gaining blasters to help you pack on rock-hard muscle, this stack will give you the raw materials to unleash the rage in the cage!

advantis nutrition

Distributor and Wholesaler
888-802-6326 advantisnutrition.com

Ultimate Nutrition products are available at Advantis and other fine retailers worldwide.